

Caregiver Handouts



Early Adolescent Skills for Emotions



World Health
Organization

unicef 

for every child

The caregiver handouts are designed to be used with the Early Adolescent Skills for Emotions intervention manual.

Early Adolescent Skills for Emotions (EASE): group psychological help for young adolescents affected by distress in communities exposed to adversity. Geneva: World Health Organization and the United Nations Children's Fund (UNICEF), 2023. Licence: CC BY-NC-SA 3.0 IGO.

Instructions

The EASE caregiver handouts are used during the caregiver sessions to tell caregivers about the skills that adolescents are learning during EASE; to inform caregivers about signs of distress in their adolescents; and to summarize the caregiver skills.

The caregiver handouts are given to the caregivers during the sessions. You will need to make multiple copies of each of these handouts so that there are enough for each caregiver attending the EASE sessions.

Each handout should be printed separately as these will be given to caregivers at different times during the EASE group. However, if it is not possible to make multiple copies of each handout, then make one copy of all the handouts. Then use each handout as a poster e.g. to display in the session only and not give to caregivers.

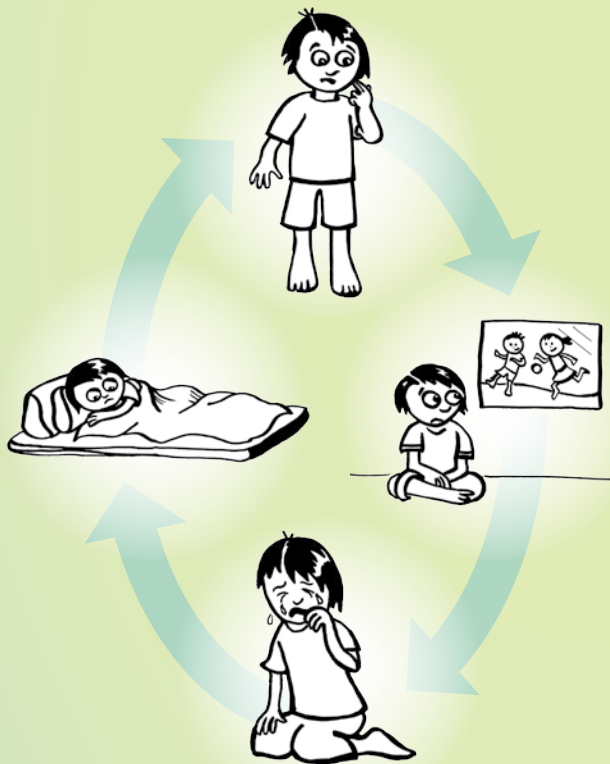
Adolescent Skills



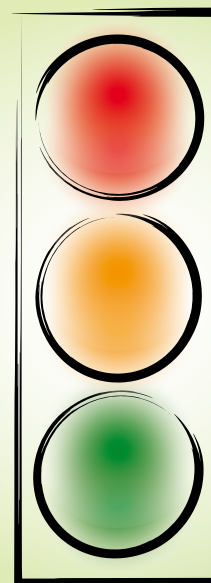
Understanding My Feelings



Calming My Body



Changing My Actions



Managing My Problems

Early Adolescent Skills for Emotions

Caregiver Handout

Warning Signs

Changes in how young adolescents...



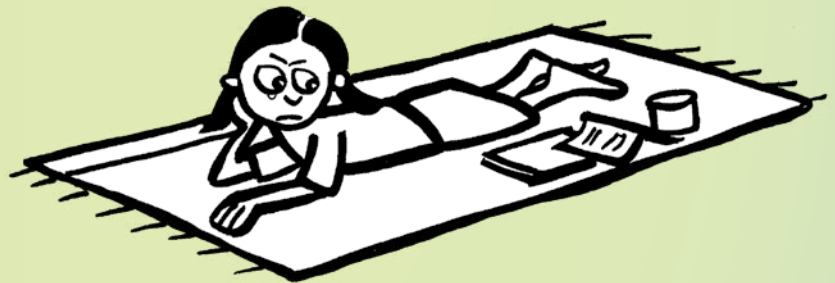
feel



sleep



eat



and in what they do

1. Use your caregiver skills
2. Turn to someone for help

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Caregiver Skills



**Understanding
your feelings**



Active listening



Quality time



Praise



Caregiver self-Care

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