

Developing During Displacement:

Global perspectives on the development of refugee youths

November 5, 2020

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Third Age Learning - Kitchener-Waterloo

Learning Objectives



- Understand common experiences for refugee youths
- Review the presence of refugee youths worldwide
- Examine the “RefugeesWellSchool” program in Sweden
- Discuss lessons that could be applied to Ontario schools

Refugee Youth Experiences

Save The Children. (2014, Mar 5). *Most Shocking Second A Day Video* [Video]. Youtube.
<https://www.youtube.com/watch?v=RBQ-loHfimQ>



Video stills from: Save The Children. (2014, Mar 5). *Most Shocking Second A Day Video* [Video]. Youtube.
<https://www.youtube.com/watch?v=RBQ-loHfimQ>



Interpersonal & intra-family conflict, xenophobia

Video stills from: Save The Children. (2014, Mar 5). *Most Shocking Second A Day Video* [Video]. Youtube.
<https://www.youtube.com/watch?v=RBQ-loHfimQ>



Lack of necessities

Video stills from: Save The Children. (2014, Mar 5). *Most Shocking Second A Day Video* [Video]. Youtube.
<https://www.youtube.com/watch?v=RBQ-loHfimQ>



Illness and lack of access to medical treatment

Video stills from: Save The Children. (2014, Mar 5). *Most Shocking Second A Day Video* [Video]. Youtube.
<https://www.youtube.com/watch?v=RBQ-loHfimQ>



Malnutrition and family separation

Video stills from: Save The Children. (2014, Mar 5). *Most Shocking Second A Day Video* [Video]. Youtube.
<https://www.youtube.com/watch?v=RBQ-loHfimQ>



Violence and physical danger

Video stills from: Save The Children. (2014, Mar 5). *Most Shocking Second A Day Video* [Video]. Youtube.
<https://www.youtube.com/watch?v=RBQ-loHfimQ>

Interpersonal
conflict

Language

Lack of
necessities

Cultural norms

Physical danger &
violence

School system

Malnutrition

Friends

Separation from
family

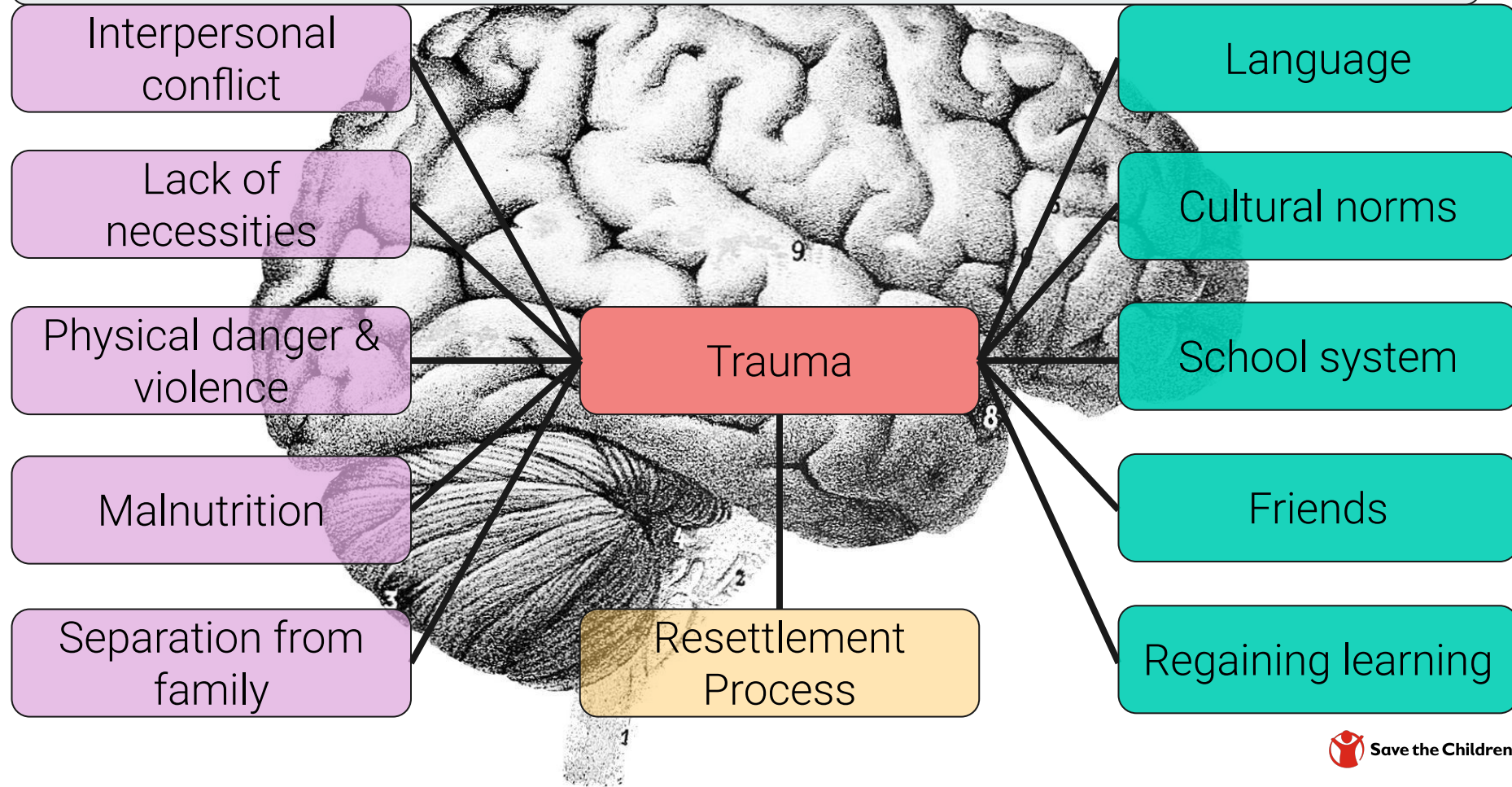
Resettlement
Process

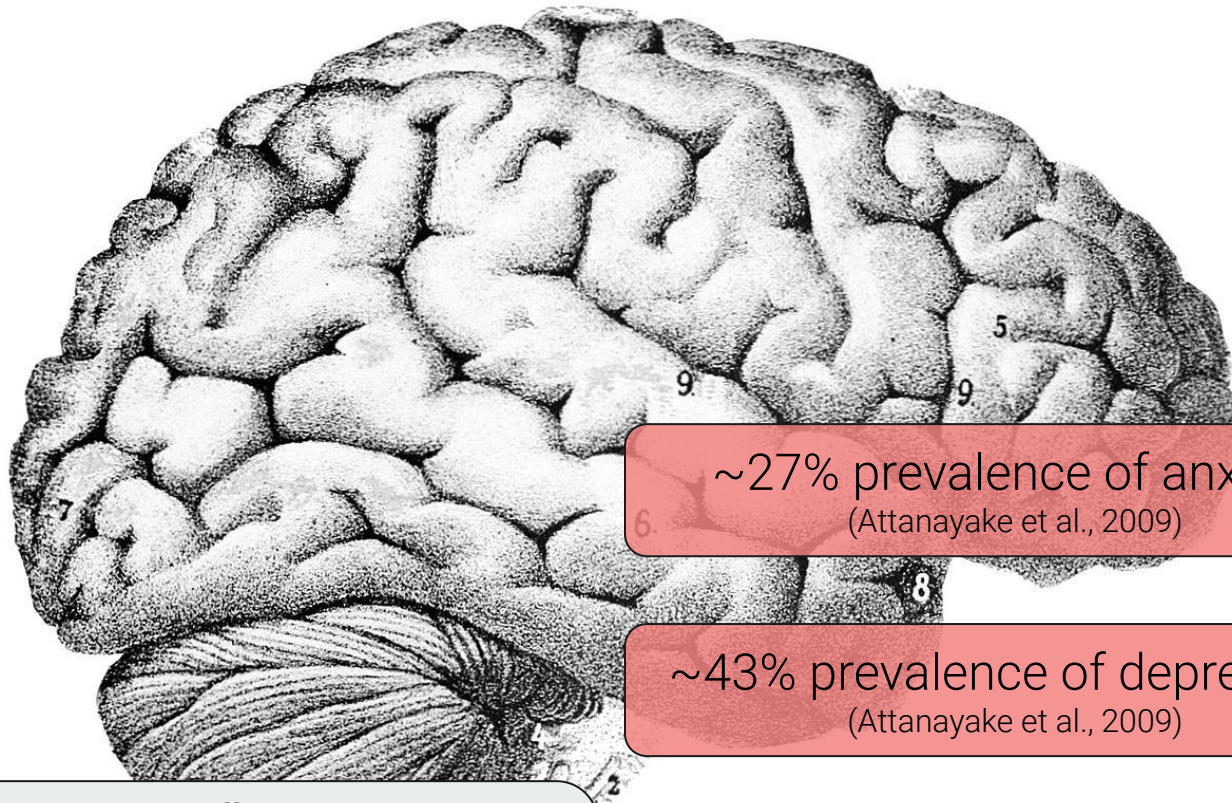
Regaining learning



Image: Public domain (1894 or 1895).

https://commons.wikimedia.org/wiki/File:PSM_V46_D167_Outer_surface_of_the_human_brain.jpg





~27% prevalence of anxiety
(Attanayake et al., 2009)

~43% prevalence of depression
(Attanayake et al., 2009)

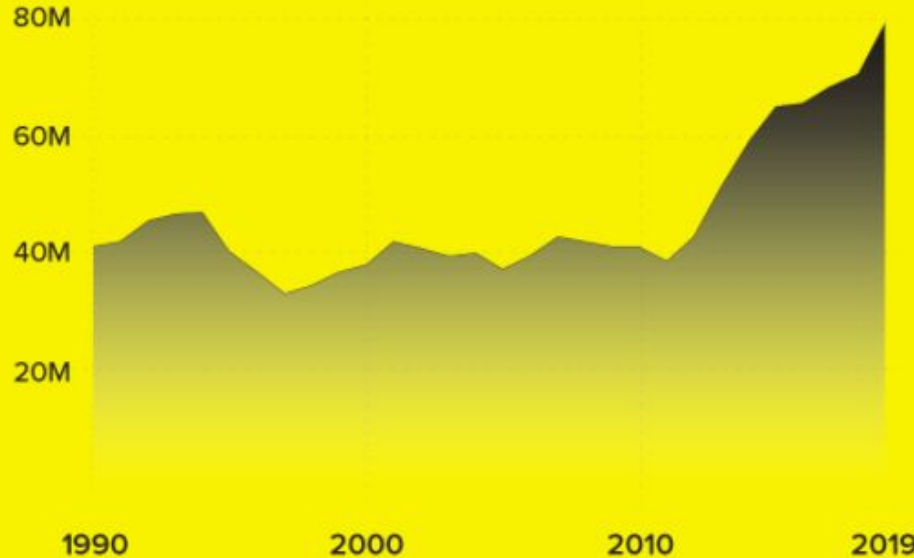
~47% prevalence of PTSD
(Attanayake et al., 2009)

Attanayake, V., McKay, R., Joffres, M., et al.
(2009). Prevalence of mental disorders among
children exposed to war: a systematic review of
7,920 children. *Med Confl Surviv*, 25, 4–19.
doi:10.1080/13623690802568913

The Presence of Refugee Youth Worldwide

79.5 MILLION FORCIBLY DISPLACED WORLDWIDE

at the end of 2019 as a result of persecution, conflict, violence, human rights violations or events seriously disturbing public order.



40% CHILDREN

UNHCR. (2020, Jun 18). *Global Trends: Forced displacement in 2019*.
<https://www.unhcr.org/globaltrends2019/>



UNHCR
The UN Refugee Agency

**GLOBAL
TRENDS** FORCED
DISPLACEMENT
IN 2019

UNACCOMPANIED AND SEPARATED CHILDREN

Figure 21 | **Unaccompanied and separated children seeking asylum** | 2010-2019



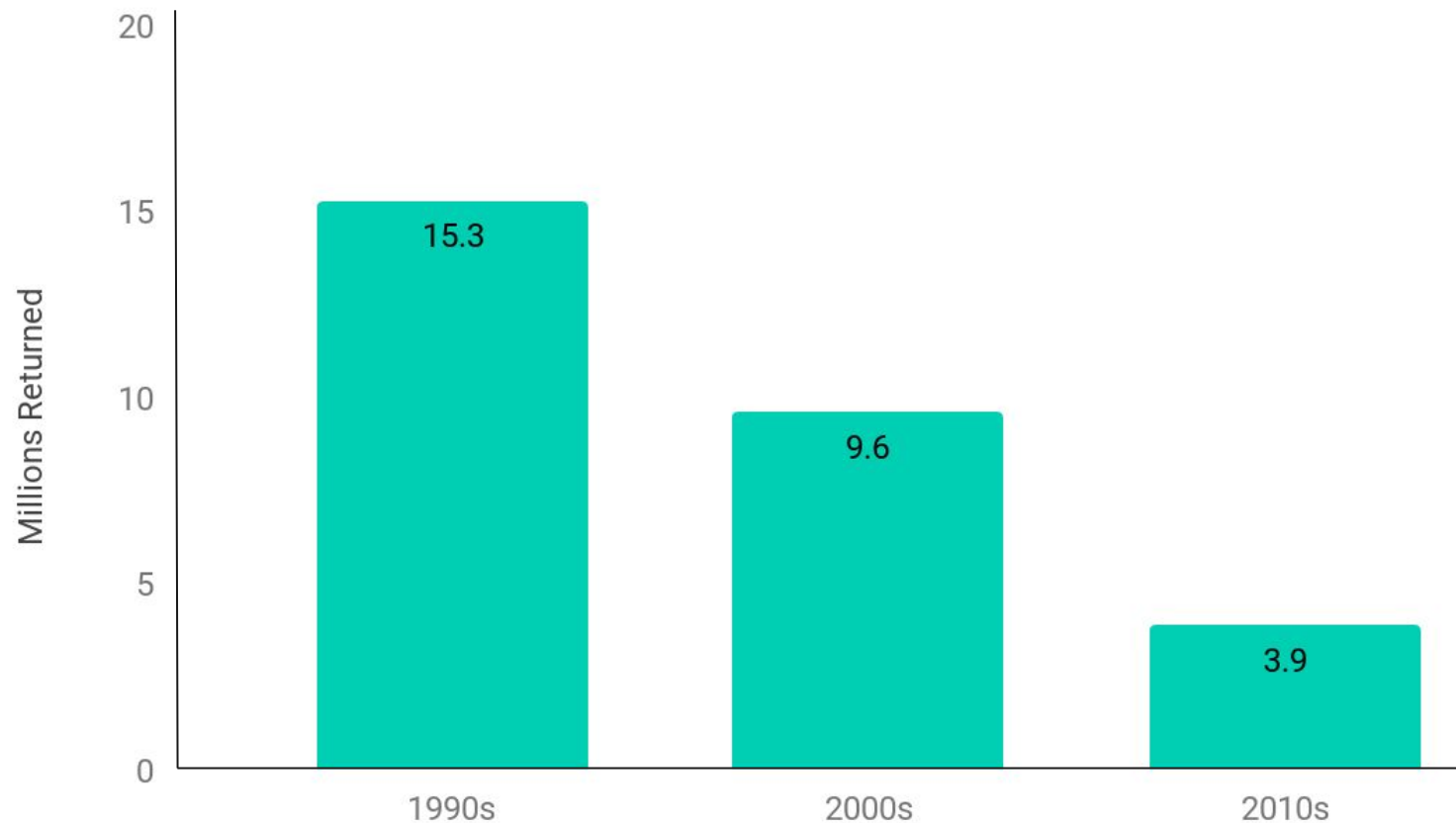
UNHCR. (2020, Jun 18). *Global Trends: Forced displacement in 2019*.
<https://www.unhcr.org/globaltrends2019/>



UNHCR
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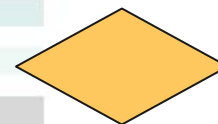
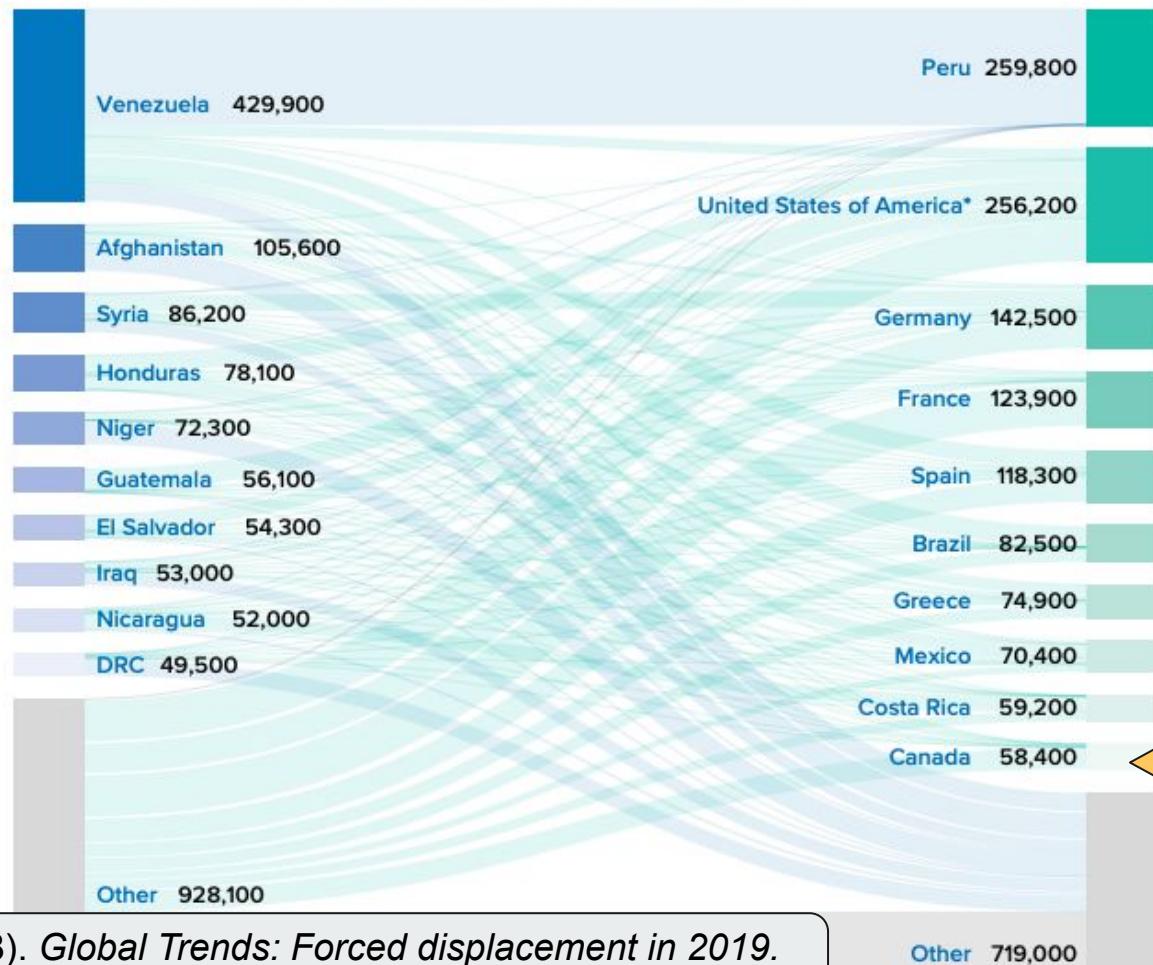
**GLOBAL
TRENDS** FORCED
DISPLACEMENT
IN 2019

Refugee Returns By Decade



Data source: UNHCR Global Trends report, 2020

Figure 19 | Key flows of new asylum applications registered in 2019



UNHCR. (2020, Jun 18). *Global Trends: Forced displacement in 2019*.
<https://www.unhcr.org/globaltrends2019/>

Resettlement to Canada



UNHCR. (2019, Jul). *Canada: Refugee Resettlement Facts*.
<https://www.unhcr.ca/wp-content/uploads/2019/08/refugee-resettlement-facts.pdf>



CANADA REFUGEE RESETTLEMENT FACTS

July 2019

RESETTLEMENT TO CANADA

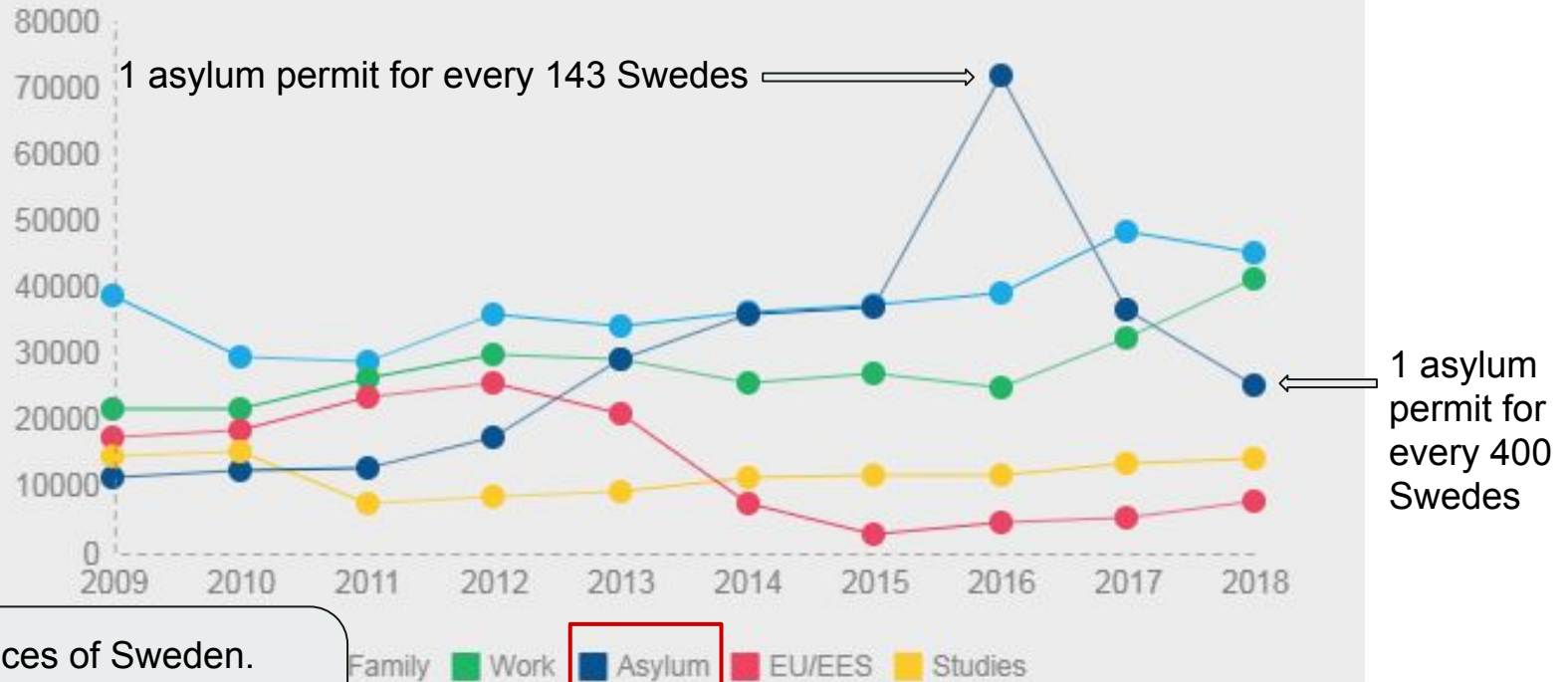
Canada has an exceptional history of welcoming refugees and is the second largest resettlement country in the world. Since 1959, Canada has resettled over 700,000 refugees.

Resettlement to Sweden



GRANTED RESIDENCE PERMITS 2009–2018

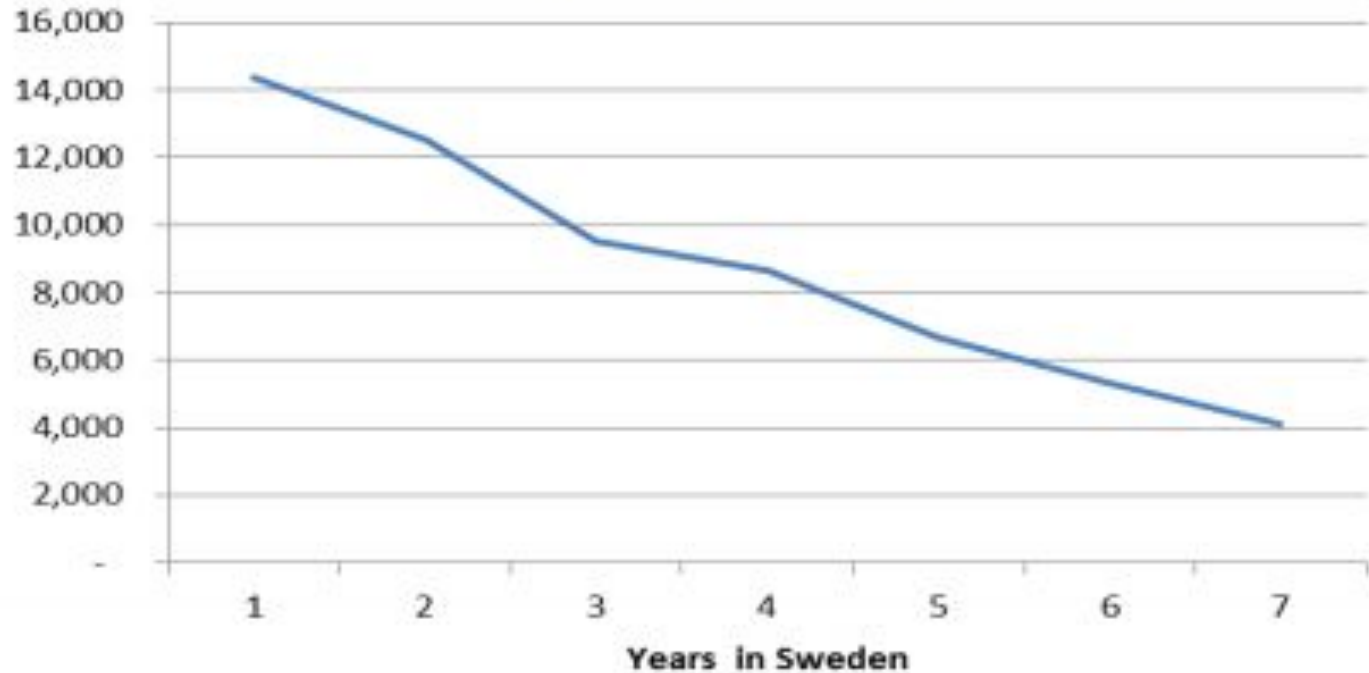
by reason for immigration to Sweden*



Government Offices of Sweden.
(2019). *Sweden and Migration: The refugee challenge*.
<https://sweden.se/migration/#2015>

*This chart includes first-time permits only, not extensions.
Source: migrationsverket.se

Figure 2. Estimated average annual cost per refugee by length of stay in Sweden, in Euros

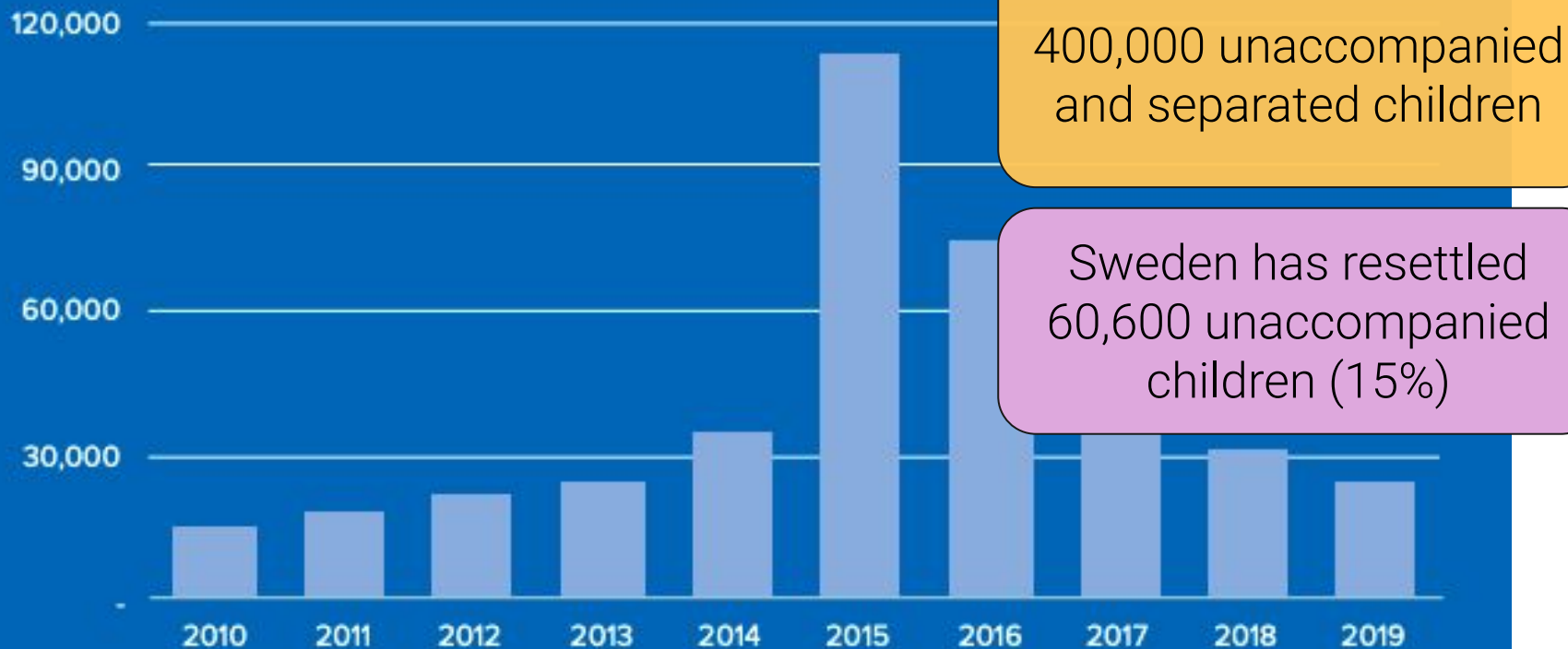


OECD. (2017, Jan 13). *Migration Policy Debates: Who bears the cost of integrating refugees?* <https://www.oecd.org/els/mig/migration-policy-debates-13.pdf>

Source: Fiscal Council of Sweden (2016).

UNACCOMPANIED AND SEPARATED CHILDREN

Figure 21 | **Unaccompanied and separated children seeking asylum** | 2010-2019



UNHCR. (2020, Jun 18). *Global Trends: Forced displacement in 2019*.
<https://www.unhcr.org/globaltrends2019/>



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GLOBAL TRENDS FORCED DISPLACEMENT IN 2019

RefugeesWellSchool Program



“The overall objective of the RefugeesWellschool is to further the evidence-base on the role of **preventive, school-based interventions in promoting refugee and migrant adolescents’ mental well-being**, and on how they can be implemented in diverse educational settings.”

-RefugeesWellSchool.org

In-service Teacher Training (INSETT) & Teaching Recovery Techniques (TRT)



Photo courtesy of Serena McDiarmid.

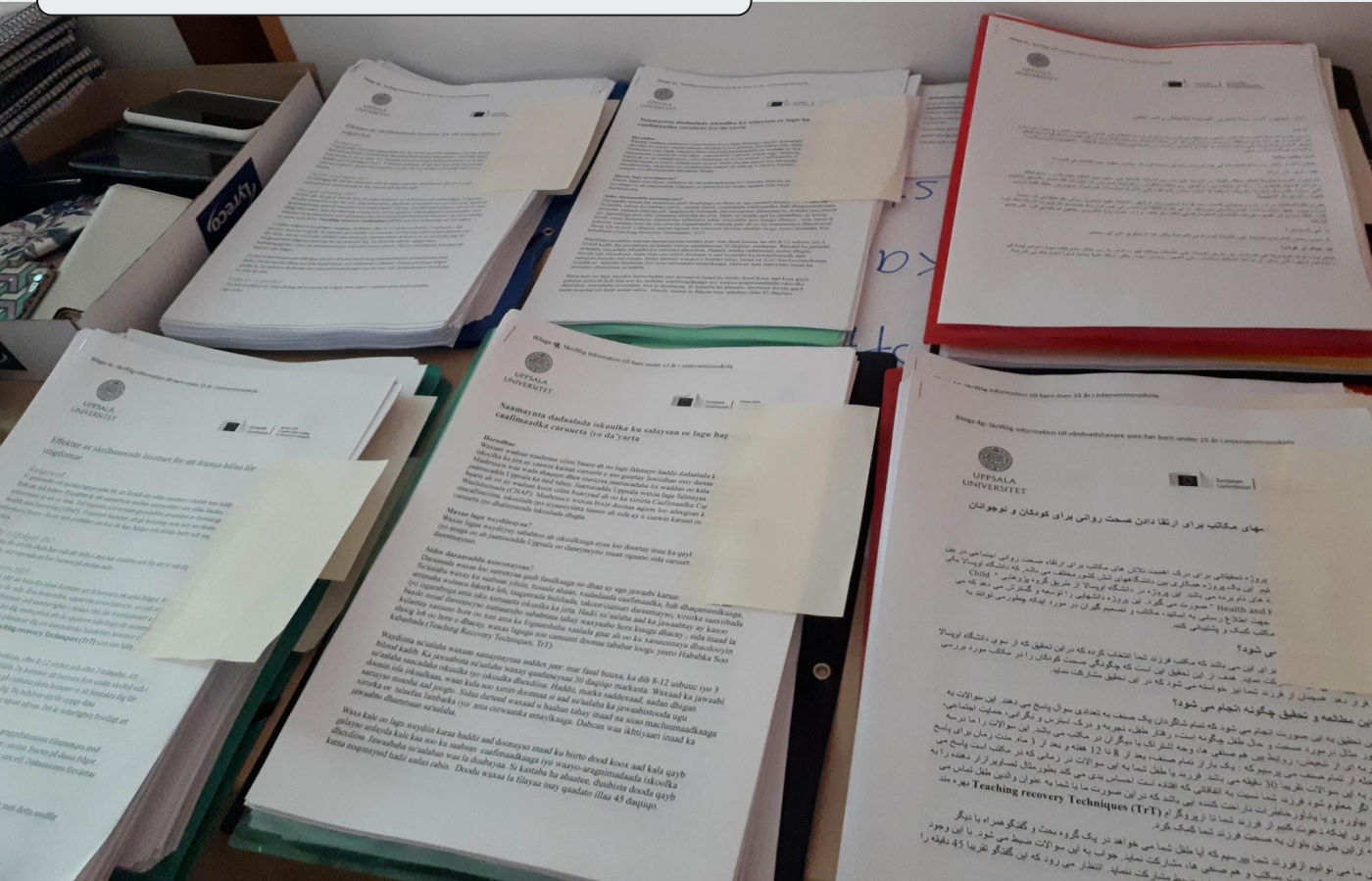


Natalie Durbeej, Fatumo Osman &
Serena McDiarmid

Photos courtesy of Serena McDiarmid.



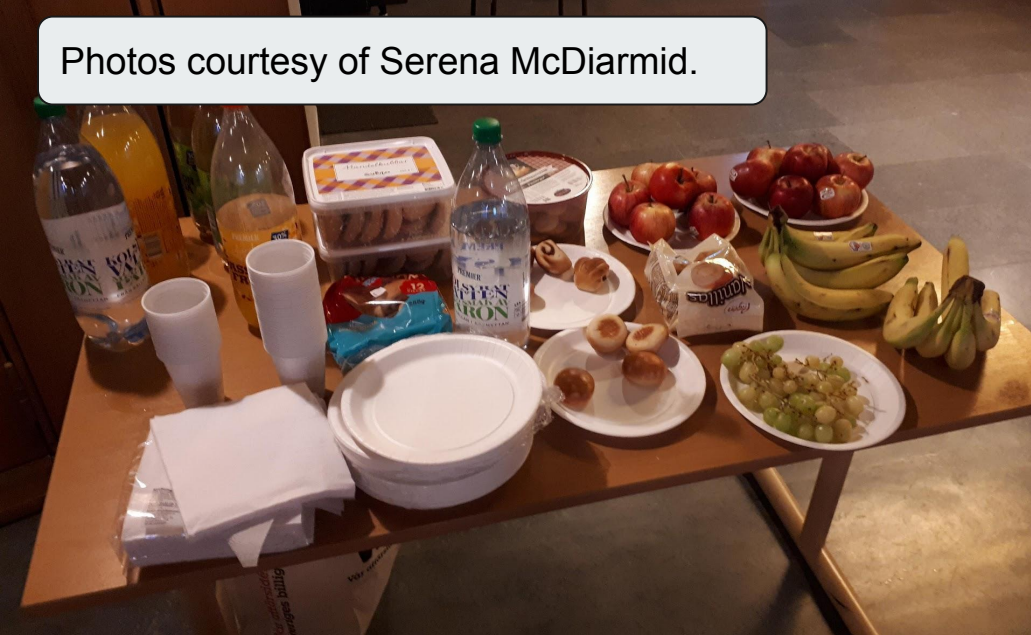
Photo courtesy of Serena McDiarmid.



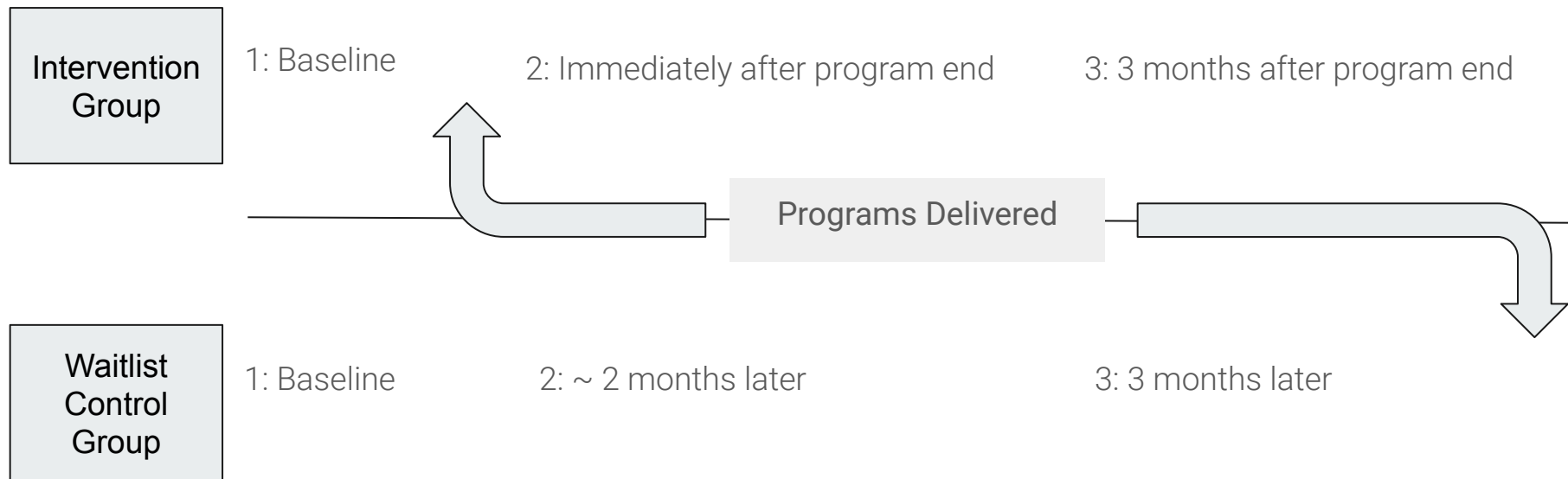
Photos courtesy of Serena McDiarmid.



Photos courtesy of Serena McDiarmid.



Study Design



Project End Date: March 2022

Jamesoladujoye (2016, Sep 30). *Meeting informal business*. [Image].
<https://pixabay.com/photos/meeting-informal-business-team-1702638/>.
Creative commons licensed.



In-service Teacher Training aims to make teachers & schools more “refugee competent”



Welcome to the course:
Providing support to refugee children.

Refugee children have experienced multiple stressful events. In this course, you will learn how you as a teacher can promote refugee children's natural resilience and contribute to their recovery.

INSTRUCTIONS

LIBRARY

Screenshot: Augeo Educates (n.d.). *Providing support to refugee children* [Webpage]. https://elo.augeo.nl/mod/scorm/player.php?a=507¤torg=Vlucht_EN_CU_S04_L1_1_V2-org&scoId=1323

☐ Chronic stress and resilience

☐ Increasing a sense of safety

☐ Stimulating relationships

☐ Managing emotions

☐ Managing behaviour

☐ Involving parents

☐ Taking care of children and yourself



Invisible suitcase with convictions and expectations





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☐ Chronic stress and resilience

↑ Multicultural knowledge

☐ Increasing a sense of safety

☐ Stimulating relationships

☐ Managing emotions

☐ Managing behaviour

☐ Involving parents

☐ Taking care of children and yourself



Being an emotions guide

As an emotions guide, you stimulate the social and emotional development of children. You do this by:

- **naming** emotions: Give words to the emotions that you notice in a child.
- **mirroring** emotions: You name the type of behaviour that help you recognise the child's emotions.
- **practising** emotions: Give children the opportunity to practice expressing their emotions in a fun and safe way. Such as by getting them to make a feelings chart.
- **set a good example**: by being clear, predictable and setting limits, and do not be afraid of emotions.

You are already using these techniques to stimulate the social and emotional development of all the children in your class. In the following assignments, you can practise using them. There are also some examples of what you can say to a child.





AUGEO EDUCATES

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☐ Chronic stress and resilience

☐ Increasing a sense of safety

☐ Stimulating relationships

☐ Managing emotions

☐ Managing behaviour

☐ Involving parents

☐ Taking care of children and
yourself

↑ Teacher's feelings
of efficacy



View parents' reactions below

"Another reason we fled was to give our children more opportunities, so they really have to do their best at school. They can get a great education here, which will give them a better chance of getting good job. We're safe now, so the children can go back to learning and living their lives. I hope the teacher lets me know they are doing alright."

It took me a time to get used
to ...

Another reason we fled
was...

People deal differently with
...

I miss my family...





AUGEO EDUCATES

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☐ Chronic stress and resilience

☐ Increasing a sense of safety

☐ Stimulating relationships

☐ Managing emotions

☐ Managing behaviour

☐ Involving parents

☐ Taking care of yourself

↑ Teacher-parent collaboration

Video stills from: Zehetner, Andrea. (2019, Jul). *Kräfte stärken – Trauma bewältigen / Teaching Recovery Techniques* [Video]. Youtube.
<https://www.youtube.com/watch?v=02EJTD5vCbU>



Teaching Recovery Techniques is a trauma-focussed skill building program, based on principles of cognitive behavioural therapy.



Recovery Techniques

Techniques address:

- Intrusion →
- Arousal
- Avoidance

↓ PTSD symptoms

↑ Wellbeing

Imagery techniques
(Screen, hand & distance, 'switch off', etc.)

Auditory/olfactory/kinaesthetic
techniques

Dual attention tasks

Dreamwork

Distraction

Lessons Learned

Allow & invest in school support programs

Teaching Recovery Techniques:

Lack of time

8 sessions

Lack of money

Negligible cost

Can't offer
"treatment"

Teaches skills;
not treatment

Don't have staff

Volunteer-run



Video stills from: Zehetner, Andrea. (2019, Jul). *Kräfte stärken – Trauma bewältigen / Teaching Recovery Techniques* [Video]. Youtube.
<https://www.youtube.com/watch?v=02EJTD5vCbU>

Photo courtesy of Serena McDiarmid.

Professionals in schools

Ontario Equivalents

Pupil Assistant

School Librarian

School Welfare
Officer

School Psychologist

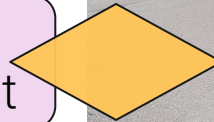
No Ontario Equivalent

Teaching Assistant

Mother Tongue
Language Assistant

School Counsellor

School Nurse



School in Ornäs, Sweden

Photo courtesy of Serena McDiarmid.

Arabic

Swedish & Somali

Tigrinya

Dari



Cultivating understanding among teachers



Jamesoladujoye (2016, Sep 30). *Meeting informal business*. [Image].
<https://pixabay.com/photos/meeting-informal-business-team-1702638/>.
Creative commons licensed.

Photo courtesy of Serena McDiarmid.

Quote: Guo, Y., Maitra, M., & Guo, S. (2019). "I Belong to Nowhere": Syrian Refugee Children's Perspectives on School Integration. *Journal of Contemporary Issues in Education*, 14(1), 89-105.

Canadian Student 1: "...some people think that because we are from a country that had a war that we are monsters or beasts ourselves. Kind of bad people, you know? That's why I think Canadian people treat us badly."

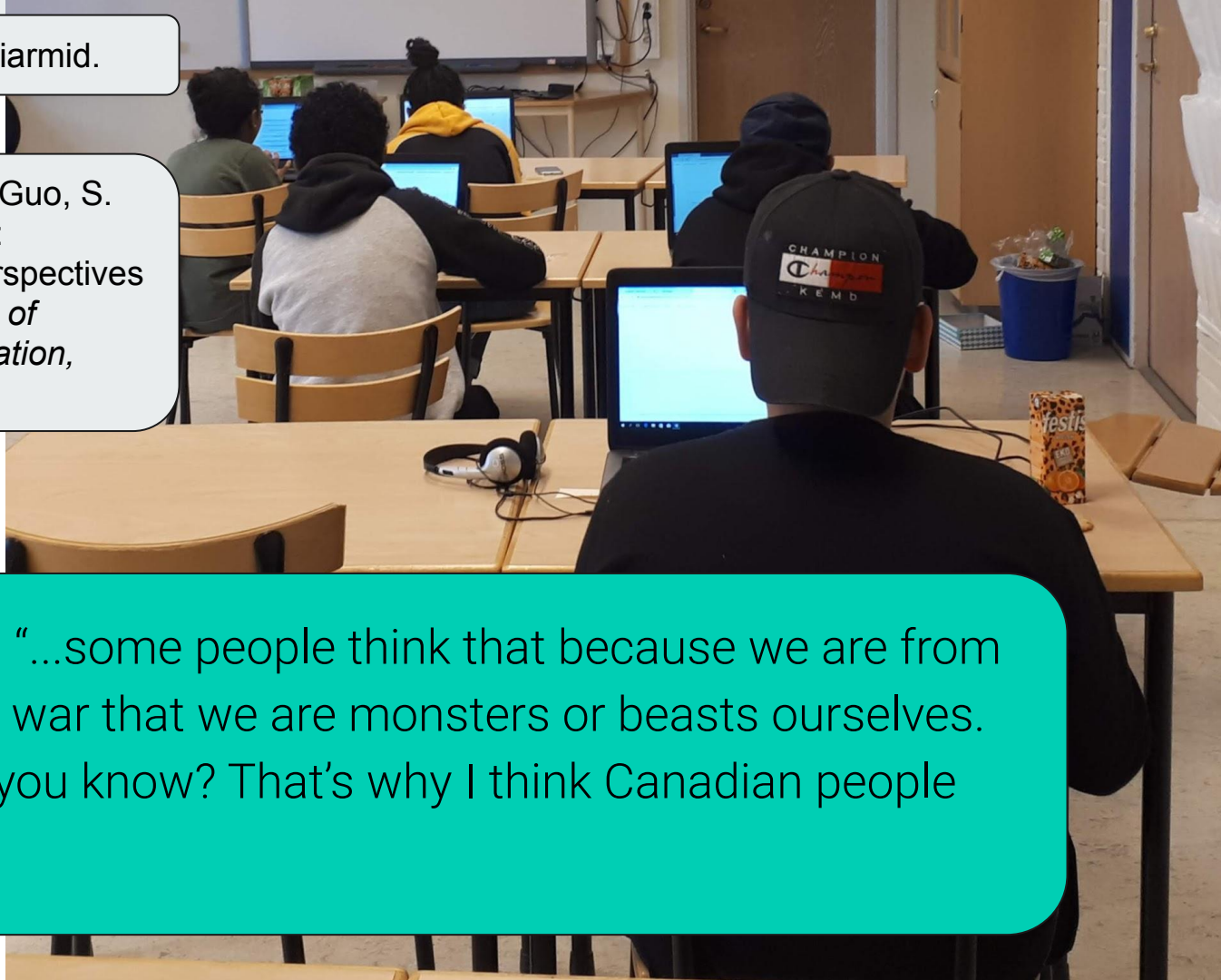
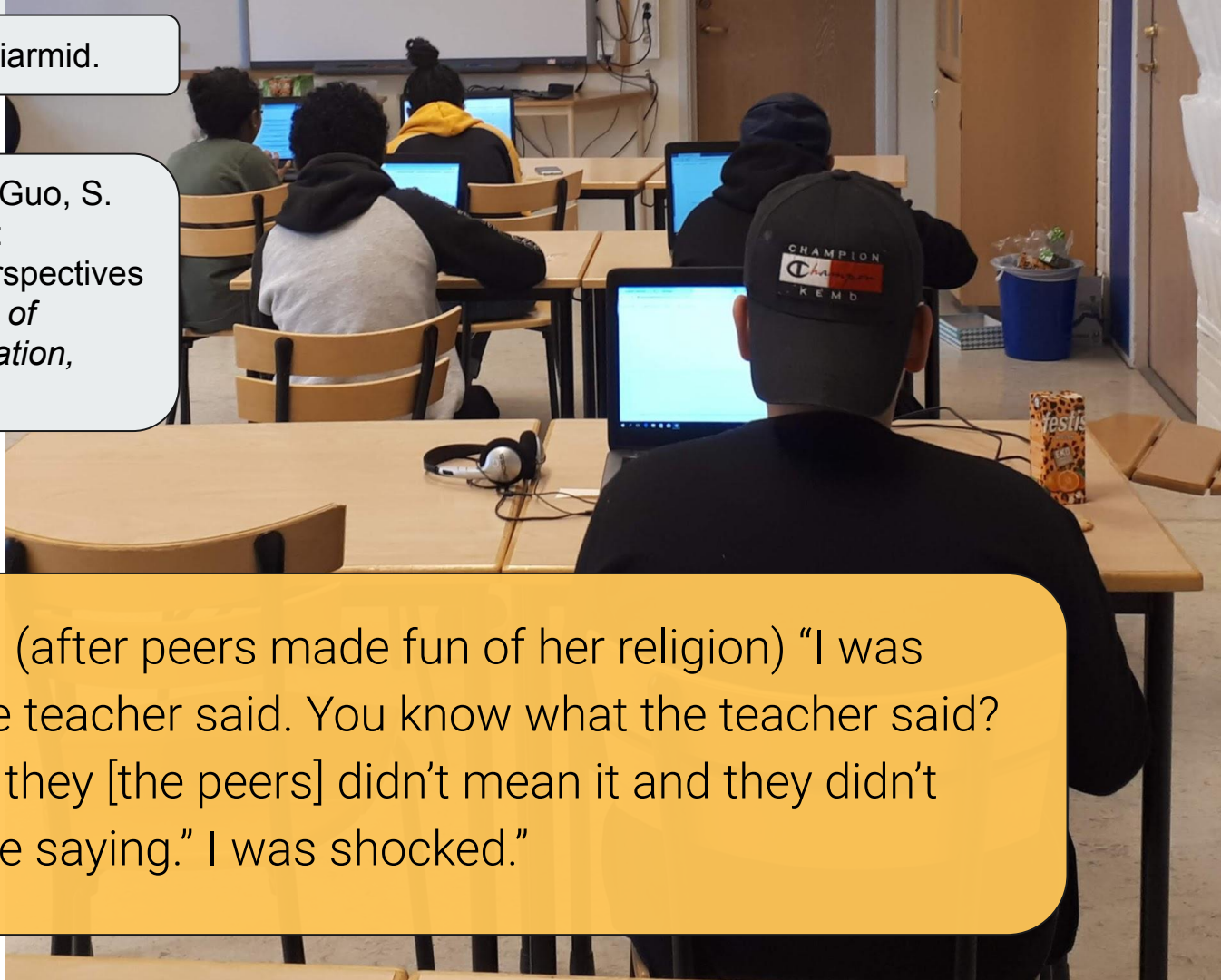


Photo courtesy of Serena McDiarmid.

Quote: Guo, Y., Maitra, M., & Guo, S. (2019). "I Belong to Nowhere": Syrian Refugee Children's Perspectives on School Integration. *Journal of Contemporary Issues in Education*, 14(1), 89-105.

Canadian Student 2: (after peers made fun of her religion) "I was shocked by what the teacher said. You know what the teacher said? They said, "It's okay, they [the peers] didn't mean it and they didn't know what they were saying." I was shocked."



Cultivating understanding among teachers



All teachers should have access to professional development related to working with refugee youths.

Build empathy

Recognize and address biases

Build confidence and skills in addressing bullying

Recognize PTSD symptoms & know strategies to respond

re på Ornäs skola



2. 27. 2014



indol



11

Nei has! Tu bicher hati!



100

HEJ
 HEJ DÅ
 AG HETER...
 O HETER DU?
 UR MÅRDU?
 JA/NEJ
 TACK
 VARSÅGOD
 ALL DU FIKA?
 ALKOSHEN
 GÖTT!
 KRAM

SOMALISKA
 HAYE
 (NABADEY) MACASALAMA
 MAGACAYGU WAA ...
 MAGACAA ?
 IS KA WARRAN ?
 HIRA / MAYA
 WAD MAHADEY...
 ADA MU...
 SOD DHOWDOW...
 TAMMAM FIICAN...
 HAB ISI (KRAHA M...

[illegible]

Wrapping Up

More information

Resources: **bit.ly/TAL-KW**



Immigration, Refugees
and Citizenship Canada



aida

Asylum Information
Database



mpi

MIGRATION POLICY INSTITUTE

What you can do



Reception House
Waterloo Region



**Mennonite
Central
Committee**



**Children & War
Foundation**



UNHCR
The UN
Refugee Agency

Acknowledgements

Contact:
sdmcdiar@uwaterloo.ca

Collaborators



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UNIVERSITET



Funders



Bourses d'études
supérieures du Canada

Vanier

Canada Graduate
Scholarships

