

# Recognizing Child Abuse and Neglect in Online Environments

## Strategies to Monitor Student Mental Health in Online Learning Environments

### TRUST INSTINCTS

Act immediately if anything uncommon is noticed. Reach out to school administrators, counselors, parents, and the student.

### USE THE STANDARD METRICS

Utilize academic assessment results and trends. Additionally, focus on non-verbal signals, including body language, eye contact, and tone of voice.

### BE INTENTIONAL

Apart from discussing class topics, make some time in every online class session to discuss how students are feeling.

### COMMUNICATE CONSISTENTLY

Communicate with students consistently and regularly and in a variety of ways (e.g., online synchronous sessions, emails, learning management apps).

### ASSUME GOOD WILL

Take a moment to view things from the students' perspectives and empathize with them.



#### Mental Health of America Statistics

15.08%

youth struggled with a major depressive episode within the year 2022

19%

youth (12-17) struggle with major depression

60%

youth with major depression don't receive the necessary mental health treatment and 11.1% of Americans (adults and youth) with mental illness are uninsured

4.08%

youth have increased their engagement in substance use even before the COVID-19 pandemic

### PLUG-IN AND BE INFORMED



Classroom W.I.S.E. (Well-Being Information and Strategies for Educators)

- Offers a **free** self-paced online course, resource collection, and evidence-based strategies.
- For more information, go to [www.classroomwise.org/about-classroom-wise](http://www.classroomwise.org/about-classroom-wise)

#### References:

- Georgia Hope. (n.d.). Recognizing and preventing child abuse, neglect, and mental health symptoms in a virtual classroom. *Georgia Hope*. <https://gahope.org/recognizing-and-preventing-child-abuse-neglect-mental-health-symptoms-in-a-virtual-classroom/>
- Mental Health of America. (n.d.). *The state of mental health in America*. Mental Health of America. <https://mhanational.org/issues/state-mental-health-america>