



OUR REF :

TRN : 10415399800000

Friday, 23 January 2026

To: The Parents of Students in Years 1-13
WEEKLY CIRCULAR BEFORE WEEK EIGHTEEN

Dear Parents,

Greetings from Saint Mary's. Please read on to find out important information that is relevant to your child and their year group.

SCHOOL ENDS AT 11:15 ON ALL FRIDAYS**NEW UPDATES:**

- **SCHOOL FIELD TRIPS, 26th January** - Years 1, 3, 4, 5, 6, 7 & 8 - Consent forms to be filled. Rules and regulations to be read carefully (sent in class group email and SIMS Parent App).
- **SCHOOL FIELD TRIPS, 29th January** - Years 2, 9, 10 and 11. Consent forms to be filled. Rules and regulations to be read carefully (sent in class group email and SIMS Parent App).
- **EDUCATION FAIR** - Years 10-13 - Please see attached flyer.
- **UNDERSTANDING & ADDRESSING RISKY BEHAVIOURS** - Years 5-13 - Please see **IMPORTANT DHA INFORMATION LEAFLET**.
- **4TH February** - Sports Day, Years 5-8 (In-school event).
- **5TH February** - Sports Day, Years 9-13 (In-school event).

- CHANGE OF PRIMARY SPORTS DAY DATE FROM 20TH FEBRUARY TO 12TH FEBRUARY - Years 1-4 – Change made due to Ramadan.
- ONLINE SCHOOL ON THE 2ND AND 3RD OF APRIL 2026- YEARS 1-13.
- BEAT DIABETES WALKATHON 2026, 8TH FEBRUARY @ 8:00 AM - ZABEEL PARK-YEARS 9, 10 AND 12.

IMPORTANT PARENT AWARENESS:

KHDA has alerted all private schools about observations regarding dangerous physical behaviours among students, including choking, breath-holding, applying pressure to the neck, forceful contact to the head, and participation in social media trends such as the 'skull breaker challenge'. These actions are often presented as joking or play but they pose serious immediate risks to students' health and even have the implications of being life threatening.

We have attached an infographic from DHA regarding these dangerous physical behaviours. We are strongly urging ALL parents to have age-appropriate conversations with your children about the risks involved with various dangerous physical behaviours which could also be life threatening. The school would also have to report any of these to the relevant external authorities.

Parents are strongly reminded to kindly monitor your child's online usage and use of social media including online games so that you are aware of the content that your child is accessing.

St. Mary's Catholic High School has a strict 'NO TOUCH' policy wherein NO STUDENT is allowed to TOUCH another student or have any PHYSICAL CONTACT with another student even as a form of play, a joke, a game etc. Kindly reiterate this to your children.

It is for this reason that games like tag, black shoe etc are strictly prohibited because what often starts out as a game ends up with someone getting hurt.

1) SECOND TERM FEES TO BE PAID WITHOUT DELAY: All parents please be advised that the timely payment of fees is crucial to the sustainable functioning of the school. We urge parents to kindly pay the Second Term fees without any further delay.

2) SCHOOL FIELD TRIPS ON 26TH AND 29TH JANUARY 2026: All parents are requested to urgently fill out the CONSENT FORM that was sent on Wednesday and send in a printed copy to your child's class teacher. This is a mandatory requirement for all those attending the field trips. Please also read all the rules and regulations to be followed by ALL those going out on trips. Those not attending must stay home.

3) SPORTS DAYS, 4TH February Years 5-8 and 5TH February Years 9-13 @ Saint Mary's Catholic High School, Dubai: All parents are reminded to please keep note of the dates above. Students **MUST** come to school in their sports uniform on the days when they have their Sports Day. Children must carry a cap, their school jacket and enough water and snacks. Those children who use an INHALATOR must carry it with them.

4) CHANGE OF PRIMARY SPORTS DAY DATE FROM 20TH FEBRUARY TO 12TH FEBRUARY, YEARS 1-4: All parents of children in Years 1-4 are requested to kindly make note of this change. The change was made keeping in mind the well-being of children and staff who will be fasting during the Holy month of Ramadan.

5) ONLINE SCHOOL ON THE 2ND AND 3RD OF APRIL 2026, YEARS 1-13: All parents are requested to kindly note that we have received permission from KHDA to have two days of online school on the 2nd and 3rd of April 2026. This is to ensure the safety of our students and staff due to the large crowds that will be accessing the area on Maundy Thursday and Good Friday. More details about lessons and online lesson links will be sent before the Spring Break.

6) BEAT DIABETES WALK, 8TH FEBRUARY 2026 FOR YEARS 9, 10 AND 12:

Please save the date for this event. Parents are most welcome to join our school group. Children aged 12 years and above must pay AED 20/-. Please see the link to the circular.

<https://www.stmarysdubai.com/wp-content/uploads/2026/01/BEAT-DIABETES-WALK-YEAR-9-10-and-12.pdf>

7) FIELD TRIPS (YEARS 1-11): All parents of children in years one through eleven are requested to kindly check the links below for the relevant field trip circular for your child. Please remember that payment is **NOT ON THE SKIPLY OF THE SCHOOL BUT ON THE SKIPLY ACCOUNT OF SCRABEL**. Kindly email your Skiply receipt to the class teacher.

- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-1-WOOHOO.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-2-AL-BARARI.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-3-ROBOLAND.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year4 -TR88-House.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-5-6-SEAWORLD.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-7-and-8-Boys-WARNER-BROTHERS.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-7-and-8-Boys-YAS-WATER-WORLD.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-7-and-8-Girls-MOTIONGATE.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-7-and-8-Girls-AQUAVENTURE.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-9-10-and-11-Boys-WARNER-BROTHERS.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-9-10-and-11-Boys-YAS-WATER-WORLD.pdf>

8) EXAMINATIONS RULES AND REGULATIONS-Years 1-10 and 12:

- a) If your child is **very ill** and unable to attend school send an email to the class teacher with the medical certificate informing them of the absence. We will only re-schedule exams that have been missed for this reason. Re-scheduled exams are usually rescheduled as soon as the child returns or if there are many then these might be scheduled for a Saturday and/ or Sunday depending on how many exams have been missed. Please do not keep children at home for minor reasons. Any illness will require a medical certificate for rescheduling an exam.
- b) Any absence will require a medical certificate to reschedule the exam, even if the absence is only for ONE DAY. In the absence of a medical certificate, an exam will not be rescheduled, and no marks will be credited for that missed examination.**
- c) Students must carry their stationery in a transparent plastic case or pouch. No borrowing will be permitted so please ensure that you have the required pens, pencils, erasers and geometry items as needed.
- d) NO WATCHES (ANALOG / DIGITAL OR SMART) ARE ALLOWED DURING EXAMINATIONS. NO WATCHES OF ANY KIND.**
- e) Students must not have in their possession any electronic devices to include but not limited to mobile phones, smart watches, tablets, laptops, Bluetooth devices, iPod, mp3/4 players etc. If any of these items are found with a student during an exam, they will be given a zero.
- f) Students must not have any unauthorised material during an exam – notes, chits of paper with written notes, any written notes concealed in the desk or on the person. If any of these are found with a student during an exam, they will be given a zero (irrespective of the intent or the lack of it).
- g) Students must not resort to any form of malpractice during an exam; they must not speak to any other students during an exam. Any form of malpractice will lead to being given a zero for that exam.
- h) Students writing with pens **MUST ONLY USE A BLACK BALL POINT PEN.**
- i) NO ink erasers, correcting fluid or ink killers are permitted for examinations.
- j) Students must be on time for exams; no extra time will be given to late comers.

9) NGRT FORM B TEST SCHEDULES: Parents are requested to kindly make note of these schedules and PLEASE ENSURE THAT A FULLY CHARGED LAPTOP/ TABLET is sent (years 4-10) on the specified days. Children who do not have their device will be required to come in on a Saturday for the same. Please remind the children to be responsible in this regard.

26th JAN	YEAR 9 & 10	BRING IN A FULLY CHARGED DEVICE
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10) YEAR 11, 12 AND 13 STUDENTS AND EXAMINATION DAYS: During the examination, students of years 11, 12 and 13 will attend school only on days when they have examinations.

11) BUILDING OUR FUTURE STARS: We are happy to announce the extension of our Building Our Future Stars Programme to include Years 5-10. Parents are invited to kindly check the below link.

<https://www.stmarysdubai.com/wp-content/uploads/2025/11/Building-Our-Future-Stars-Term-2.pdf>

12) NO BARTERING / EXCHANGE OF GOODS OR SHARING OF FOOD FOR THE GOOD OF ALL CHILDREN: We have recently come across a few cases of children across various year groups bringing in items from home to exchange with their classmates for food or a snack item. These items have included but are not limited to small toys, gift cards, collectible cards, stickers, etc. We are certain that as parents you understand that many children suffer from food allergies and in the excitement could consume something that has ingredients to which they are allergic. The act of trading has many potential implications that are beyond the maturity of young children to deal with. It has the potential to cause arguments and fights. Often, children are trading for an item that you as parents do not allow them to consume, for example chewing gum. We are urging all parents to kindly ensure that children are not bringing any items to school other than what is required for their learning in lessons.

13) FOURTH SUBJECT DROP (GCE / IAL SUBJECTS ONLY) -YEAR 12

STUDENTS: We have been receiving subject drop forms signed by parents and these are being duly processed where required evidence of the requirement of only three subjects has been provided. Once a subject has been dropped it cannot later be re-taken due to a loss of curricular hours. Parents are therefore requested to carefully consider this decision. There is no deadline for dropping the fourth subject.

14) ENOUGH WATER TO BE SENT WITH CHILDREN OR A FEW AED 1 COINS

TO PURCHASE WATER FROM THE MACHINES: Parents of students especially those in lower primary are requested to kindly send enough drinking water with your child or one or two AED 1 coins so they can be assisted with getting water from the machines. For reasons of hygiene and safety there are no drinking water fountains.

15) BREAKFAST/ SNACK FIRST THING IN THE MORNING: We recognise that

many children, especially those travelling on long bus journeys to reach school every morning, find it difficult to have their breakfast so early in the morning and some suffer travel illness. We would like to inform parents that its perfectly alright to send a packed snack or breakfast with your child so that they may eat it in class first thing in the morning when they reach school. This is a much healthier option than children being on an empty stomach for long hours.

16) INAPPROPRIATE USE OF SOCIAL MEDIA & CYBERBULLYING: Please see

the link to the circular.

https://www.stmarysdubai.com/wp-content/uploads/2025/09/CYBERBULLYING-BULLYING-SANCTIONS-AND-CONSEQUENCES-REMINDER-CIRCULAR.pdf#new_tab

17) SOCIAL MEDIA FREQUENT CHECKS BY PARENTS FOR SECONDARY &

UPPER PRIMARY CHILDREN: Parents of secondary and upper primary children are strongly encouraged to kindly make frequent checks of your child's use of Social Media. We have seen in many cases that minor children are being sought out on Instagram, Snapchat and other platforms by much older individuals for chats and conversations. It is important for parents to know who their children are conversing with to protect them from any potential safeguarding issues. We would also like to remind parents about your children's use of

inappropriate content and language on Social Media Platforms which you will be aware of only if you make frequent checks of the same. Please have your child remove himself/herself from private social media groups that are not encouraged or recommended by us at St. Mary's. The school cannot take responsibility for private groups started by students, and we strongly discourage the formation of these groups as well as discourage student participation in them. It is once again important here that ALL PARENTS check your children's digital activity frequently including group activity if your child is part of private groups created by students.

18) ADMISSION TO A-LEVELS (PARENTS OF CURRENT YEAR 11

STUDENTS): Parents of Year 11 students are requested to kindly go through the separate circular on A-Level admissions. Link here.

https://stmarysdubai.com/wp-content/uploads/2025/08/ADMISSION-TO-A-LEVELS-for-the-ACADEMIC-YEAR-2025-2026.pdf#new_tab

19) UNIFORM INFRACTIONS: Parents are hereby notified that we have been very disappointed with the large number of uniform infractions, especially among senior students.

These include very long and unruly hair of boys (kindly ensure that proper haircuts are undertaken this weekend) , long hair of girls untied, coloured and highlighted hair of girls (we have specifically reminded parents at the end of last year that this is strictly not allowed) , multiple ear piercings for girls, shorter than acceptable skirt lengths , long fingernails of both boys and girls, heavy make -up on girls. What is even more disappointing is the lack of collaboration from parents when we correct students for the same. Parents are requested to please check on your children before they leave home in the morning. Please refer to the uniform policy.

20) STUDENT SCHOOL EMAIL ID: Your child's school email will be a focal point for our communication to you. **We will use a parent's email only to communicate outstanding fee or disciplinary issues.** A **CLASS GROUP EMAIL** has been created using the students 'official email ID for every class. This is for the dissemination of information daily from the class teacher to the parents of this class and we request parents not to write back to this address. We recommend that every parent checks this email after 6:00 pm everyday for important updates. New students will receive their school email Ids on Monday.

21) APPROVED KHDA CALENDAR FOR ACADEMIC YEAR 2025-2026: Parents are requested to check the approved KHDA School Calendar for the Academic Year 2025-2026 that has been attached to this circular for your easy reference. This will help you plan ahead. If the regulators make any changes to the same, we will inform you immediately. Please note that only emergency medical / bereavement leave will be approved during school days. Leave for family holidays and celebrations must coincide with the school holidays as per the KHDA calendar. **Leave for events like graduations, weddings, parties etc will not be granted during school days and if absences like this occur during exams, there will be no re-exams in that case. We expect parents to respect these dates and not request leave during school days.**

KEY DATES IN THE APPROVED KHDA CALENDAR

Parents are strongly reminded not to plan holidays/ celebrations and other events outside the approved holiday slots in the calendar as these will not be approved.

22) INTERNATIONAL BENCHMARK TESTS FOR THE ACADEMIC YEAR 2025-2026 AND APPLICABLE PAYMENTS:

Parents are requested to kindly go through this table carefully so that you will be aware of which International Benchmark tests are applicable to your child. Payments will be via Skiply and will be advised as these come up.

PRIMARY SCHOOL

YEAR GROUP	NGRT	CAT-4	GL	IBT ARABIC A	IBT ARABIC B
YEAR 1	NA	NA	NA	NA	NA
YEAR 2	YES	NA	NA	NA	NA
YEAR 3	YES	NA	NA	NA	NA
YEAR 4	YES	YES	YES	NA	NA
YEAR 5	YES	NA	YES	YES	YES
YEAR 6	YES	YES	YES	YES	NA

SECONDARY SCHOOL

YEAR GROUP	NGRT	CAT-4	GL	IBT ARABIC A	IBT ARABIC B
YEAR 7	YES	NA	YES	YES	YES
YEAR 8	YES	YES	YES	YES	NA
YEAR 9	YES	NA	YES	YES	YES
YEAR 10	YES	YES	YES	YES	NA
YEAR 11	NA	NA	NA	NA	NA
YEAR 12	NA	NA	NA	NA	NA
YEAR 13	NA	NA	NA	NA	NA

PLEASE CHECK ERRATUM CORRECTED NOW IN BOTH RED BOXES ABOVE.

23) PREDICTED GRADES POLICY FOR YEARS 12 & 13: We would like to remind all parents and students to carefully go through this Policy that is available on our school website. The situation that unfolded over the last few years made many children realise, albeit too late the true value of being consistent with their study habits and not waiting until the last minute before exams to prepare and study. It is always best for every child to be **CONSISTENT AND HIGHLY REGULAR** with their study and ensure that they maintain a good level of attainment across all their assessment opportunities and prepare as well as they can for their Board Examinations. This will also help them to achieve better predicted grades as every assessment and examination counts towards the calculation of the same.

24) SUBJECT CHANGE POLICY, YEARS 9 TO 13: We would like to request all parents of children in these year groups to please go through the Subject Change Policy which is available in the Parents' Info section of the school website.

25) NO DISTRIBUTION OF ANY ITEMS (cakes/ candies/ chocolate/ and even non-edible items) FOR BIRTHDAY CELEBRATIONS: Parents are reminded that while the class would be happy to sing for your child on his/her birthday, there should be STRICTLY NO DISTRIBUTION of any food/ sweets or even non-edible items like small toys etc on your child's birthday.

26) PARENTS TAKING PICTURES AND VIDEOS ON SCHOOL PREMISES: All Parents are reminded that taking pictures and videos of children on the premises is a strict violation of Child Protection Policies. We understand that as parents it is exciting to capture memories, but when other children are involved, it goes against all Child Protection Policies. We will do our best to send you all memories of various activities captured in school.

27) GATE ACCESS TO THE PREMISES: Parents are requested to kindly not use the church gates to access our premises for drop off and pick up. GATE 4 and GATE 5 are the school gates to be accessed.

28) STUDENT ABSENCES MUST BE INFORMED BY PARENTS: All parents are requested to kindly inform the class teacher via email whenever a child is absent, even if it is just for one day. A simple email with the reason for the absence will suffice but is mandatory. Unaccounted for absences will be marked as unjustified and will be reflected on students' progress reports.

29) URGENT QUERIES AND CONCERNs: If you have any urgent queries and concerns, kindly send an email to our Vice Principal , Ms. Lise-Ann on l.pinto-smchs@smgeducation.org and she will get back to you. Please include your telephone number in case she needs to call you.

We take this opportunity to wish each one of you a safe and happy weekend.

Yours sincerely,

Mr. Paul Asir Joseph
(Principal)



Protecting Adolescent Wellbeing Guide: **Understanding and Addressing Risky Behaviours**





Purpose of This Guide

This guide aims to help parents and caregivers understand risky adolescent behaviours, recognise early warning signs, and respond to them effectively and supportively, and to prevent physical and psychological harm associated with risky challenges, especially digital ones.

Introduction

Adolescence is a period of rapid physical, emotional, and social development. During this stage, some teenagers may experiment behaviours that place their & others' health or safety at risk. Understanding these behaviours helps parents respond calmly, effectively, and protectively.

What are Risky Teen Behaviours?

Risky behaviours are actions that may lead to physical, psychological, social, or educational harm to the adolescent or others.

These include:

1.

Behavioural risks:

Aggression, truancy, self-harm, rule breaking.

2.

Substance-related risks:

Smoking, vaping, other

3.

Digital risks:

Online challenges, cyberbullying.

4.

Emotional risks:

Anxiety, depression.

5.

Social risks:

Peer pressure, isolation.

6.

Others

Why Teenagers Engage in Risky Behaviours?

These behaviors are due to several overlapping factors, most notably:



Peer pressure and desire for acceptance and belonging & fear of rejection or ridicule.



Increased sensitivity to reward and excitement.



Ongoing brain development affecting impulse control and decision-making.



Academic pressure and fear of failure.



Emotional stress, anxiety, or depression.



Identity formation, curiosity and boundary testing.



Lack of clear rules or parental supervision.



Seeking attention on social media.



Influence of social media and digital trends.

Online Risky Challenges and Digital Trends

These are behaviours promoted through digital platforms to gain attention, likes, or views. They often do not show the real consequences or resulting injuries, which increases the risk of imitation. Through the following platforms:

1.

Short-form video platforms to amplify imitation.

2.

Messaging apps that increase secrecy and peer pressure.

3.

Gaming and live-streaming platforms that may encourage risky performance.

Dangerous Dares and Challenges Students May Face

1

Breath-holding or choking challenges:

- Breath-holding until loss of consciousness.
- Choking or blackout games.

2

Extreme physical challenges:

- Jumping from heights.
- Running into traffic or across roads.
- Climbing buildings or riding on moving vehicles.

3

Pain-tolerance or harm-based dares:

- Burning the skin.
- Slapping or hitting challenges.
- Consuming extremely spicy or harmful substances.

4

Self-harm challenges:

- Cutting or scratching behaviours.
- Starvation or dehydration dares.

5

Abuse or bullying-based dares:

- Filming or sharing humiliating pranks.
- Forcing peers into embarrassing or degrading acts.

Health Consequences of Dangerous Challenges

It is essential that parents are familiar with the fact that these challenges can lead to serious health consequences, including:

Breath-Holding or Choking Challenges May Lead To:

- Loss of consciousness.
- Brain damage due to lack of oxygen.
- Seizures.
- Cardiac arrest.
- Sudden death.

Dangerous Physical dares May Lead To:

- Head injuries or concussion.
- Fractures and spinal injuries.
- Internal bleeding.
- Permanent disability or death.

Pain or Injury Challenges May Lead To:

- Burns and infections.
- Nerve damage.
- Permanent scarring.
- Chronic pain.

Imitating Self-Harm Increases the Risk of:

- Repeated self-harm.
- Depression and anxiety.
- Serious self-harm thought.

Substance-Use Challenges May Lead To:

- Poisoning.
- Respiratory failure.
- Addiction.
- Long-term damage to the brain, liver, or lungs.

Humiliation and Bullying Challenges Are Associated With:

- Severe psychological distress.
- Anxiety and depression.
- School refusal.
- Self-harm thoughts.

The Role of Parents

Parents are the first line of protection. Through guidance, emotional support, supervision, and clear boundaries, parents help reduce risk and promote healthy development. Through:

(A)

Talking to Your Teenager

How should parents talk to their teenager?

- Choose a calm and appropriate time.
- Listen without judgment or criticism.
- Ask open-ended questions.
- Focus on safety rather than punishment.
- Build trust and mutual respect.

(B)

Setting Healthy Boundaries

Clear, age-appropriate boundaries provide structure and safety. Rules should be discussed openly, applied consistently, and reviewed regularly as the teenager grows.

(C)

Setting Healthy Digital Boundaries

- Establish clear, age-appropriate rules.
- Discuss acceptable online behaviour.
- Use monitoring tools as protection, not punishment.
- Hold regular conversations about digital content.

The Role of Parents

(D)

Assess their Emotional Vulnerability

Teen stress and emotional difficulties may present as risky or challenging behaviour. Academic pressure, social stress, and digital exposure can increase vulnerability. Emotional support and early recognition of distress are critical protective factors.

Children are more likely to engage in risky dares if they are:

- Experiencing stress, bullying, or loneliness.
- Struggling with self-esteem.
- Seeking validation or attention.
- Coping with family or academic pressure.

(E)

Recognising Warning Signs

Warning signs may appear gradually or suddenly. While a single sign may not indicate serious risk, patterns or multiple changes require attention.

Behavioural Warning Signs:

- Increased aggression or defiance.
- Repeated rule-breaking.
- Increased secrecy or lying.
- Excessive focus on trends or challenges.
- Risk-taking behaviours that are out of character.
- Heightened need for peer approval or fear of being excluded.
- Hiding devices or online activity.

Emotional and Psychological Warning Signs:

- Loss of interest in activities.
- Persistent sadness or irritability.
- Anxiety or emotional withdrawal.

The Role of Parents

(E) Recognising Warning Signs

Social Warning Signs:

- Withdrawal from family or friends.
- Sudden change in peer group.
- Avoidance of social activities.

Academic Warning Signs:

- Decline in academic performance.
- Frequent absenteeism.
- Loss of motivation toward school.

Physical and Digital Warning Signs:

- Unexplained injuries, bruises, burns, cuts, or marks.
- Changes in sleep or appetite.

(F)

Asking direct but safe questions

Parents should ask clearly, calmly, and without judgment.

Examples:

- “Have you seen any online challenges recently?”
- “Has anyone asked you to do something that felt unsafe?”
- “What would you do if a friend dared you to try something risky?”

(G)

What parents should do when warning signs appear

- Stay calm and observant.
- Start a supportive conversation.
- Focus on safety and wellbeing.
- Seek professional help early if needed.

What to Avoid?

Overreaction, shaming, public conflict, fear-based punishment, or ignoring early signs can escalate risk and reduce adolescent disclosure.

Protective Factors that reduce risky behaviour



Emotional regulation skills.



Clear family values.



Strong parent-child relationship.



Positive peer networks.



Trusted adult support.

Know when to Seek Professional Help

Professional support should be sought:

- When behaviours persist, escalate, or
- When they are linked to mental health
- When it's affecting his daily functioning

When Should Immediate Help Be Sought?

Immediate medical or psychological help is required if there is:

1.

An injury.

2.

Self-harm.

3.

Talk about self-harm.

4.

Direct risk to safety.

Parents are also encouraged to contact school counsellors, healthcare providers, or mental health professionals.

Key Messages for Parents

- Risky behaviours are signs of stress or unmet needs—not bad character.
- Early communication protects adolescents.
- Safety is more important than punishment.
- The family is the first line of protection.

What Parents Can Do Today?

- Watch for changes in behaviour or mood.
- Have regular, calm conversations with your teenager.
- Know your teenager's friends and daily routine.
- Agree on clear rules for online and offline behaviour.
- Promote digital literacy and critical thinking.
- Explain the risks of online challenges.
- Model safe, responsible behaviours.
- Maintain open channels for disclosure.
- Seek advice early if you are concerned

Parenting teenagers can be challenging, and you are not expected to handle concerns alone. Early, calm support and consistent boundaries can prevent escalation and protect your teenager's safety and wellbeing. If you feel unsure, reach out to your school counsellor or a qualified healthcare professional for guidance.

دليل تعزيز صحة ورفاه المراهقين:
"فهم السلوكيات الخطرة
والتعامل معها"





الهدف:

يهدف هذا الدليل إلى مساعدة الوالدين ومقدمي الرعاية على فهم السلوكيات الخطرة لدى المراهقين، والتعرف على العلامات التحذيرية المبكرة، والتعامل معها بطريقة فعالة وداعمة، والوقاية من الأضرار الجسدية والنفسية المرتبطة بالتحديات الخطرة، خاصة الرقمية.

المقدمة:

تُعد مرحلة المراهقة مرحلة نمو سريعة من الناحية الجسدية والنفسية والاجتماعية. وخلال هذه المرحلة قد يجرب بعض المراهقين سلوكيات قد تعرض صحتهم أو سلامتهم والآخرين للخطر. إن فهم هذه السلوكيات يساعد الوالدين على التعامل معها بهدوء وفعالية لحماية أبنائهم.

ما هي السلوكيات الخطرة لدى المراهقين؟

السلوكيات الخطرة:

هي تصرفات قد تؤدي إلى أذى جسدي أو نفسي أو اجتماعي أو تعليمي للمراهق أو للآخرين.

وتشمل:

.1

المخاطر السلوكية:
العدوانية، والتغيب عن المدرسة،
وإيذاء النفس، ومخالفة القواعد.

.2

المخاطر المتعلقة باستخدام مواد خطرة:
التدخين والتدخين الإلكتروني، وغيرها.

.3

المخاطر الرقمية:
التحديات عبر الإنترنت، والتنمر الإلكتروني.

.4

المخاطر النفسية:
القلق، والاكتئاب.

.5

المخاطر الاجتماعية:
ضغط الأقران، والعزلة.

.6

غير ذلك من المخاطر.

لماذا ينخرط المراهقون في السلوكيات الخطرة؟

تعود هذه السلوكيات إلى عدة عوامل متداخلة، من أبرزها:



ضغط الأقران والرغبة في القبول والاتتماء وخوفاً من الرفض أو السخرية.



زيادة الحساسية للمكافأة والإثارة.



عدم اكتمال نضج الدماغ المسؤول عن التحكم في الاندفاع واتخاذ القرار السليم.



الضغوط الدراسية والخوف من الفشل.



الضغط النفسي مثل القلق أو الاكتئاب.



تكوين الهوية والفضول وحب التجربة.



غياب القواعد الواضحة أو ضعف الإشراف الأسري.



السعى لجذب الانتباه على وسائل التواصل الاجتماعي.



تأثير وسائل التواصل الاجتماعي والتحديات الرقمية.

التحديات الخطرة عبر الإنترنٌت (المخاطر الرقمية):

هي سلوكيات يتم الترويج لها عبر المنصات الرقمية بهدف جذب الانتباه أو الحصول على الإعجابات والمشاهدات، وغالباً لا تُظهر العواقب الحقيقية أو الإصابات الناتجة عنها، ومن هذه المنصات:

.3

منصات الألعاب والبث المباشر قد تشجع السلوكيات الخطرة.

.2

تطبيقات المراسلة تزيد السرية وضغط الأقران.

.1

منصات الفيديو القصير التي تعزز التقليد.

التحديات والمغامرات الخطرة التي قد يواجهها الطلبة:

التحديات الجسدية الخطرة:

- القفز من أماكن مرتفعة.
- الجري بين المركبات المزدحمة.
- تسلق المباني أو الصعود على مركبات متحركة.

2

تحديات حبس النفس أو الخنق:

- حبس النفس حتى فقدان الوعي.
- ألعاب الخنق أو الإغماء.

1

تحديات إيذاء النفس:

- الجرح أو الخدش.
- التجويع أو الامتناع عن شرب الماء.

4

تحديات تحمل الألم أو إلحاق الأذى:

- حرق الجلد.
- الضرب أو الصفع كنوع من التحدي.
- تناول مواد شديدة الخطورة أو شديدة الحِدة.

3

تحديات الإساءة أو التنمُّر:

- تصوير مقابل مهينة.
- إجبار الزملاء على تصرفات محرجة أو مهينة.

5

الآثار الصحية للتحديات الخطيرة:

من الضروري أن يكون الأباء على دراية بأن هذه التحديات قد تؤدي إلى عواقب صحية وخيمة، تشمل:

التحديات الجسدية الخطيرة قد تؤدي إلى:

- إصابات الرأس أو ارتجاج في الدماغ.
- كسور وإصابات في العمود الفقري.
- نزيف داخلي.
- إعاقة دائمة أو الوفاة.

تحديات حبس النفس أو الخنق قد تؤدي إلى:

- فقدان الوعي.
- تلف الدماغ بسبب نقص الأكسجين.
- نوبات صرع.
- توقف القلب.
- الوفاة المفاجئة.

تحديات إيذاء النفس تزيد من خطر:

- تكرار إيذاء النفس.
- الاكتئاب والقلق.
- أفكار إيذاء النفس.

تحديات تحمل الألم أو الأذى قد تؤدي إلى:

- حروق والتهابات.
- تلف الأعصاب.
- تشوهات أو ندوب دائمة.
- آلام مزمنة.

تحديات الإذلال والتنمّر مرتبطة بـ:

- ضيق نفسي شديد.
- القلق والاكتئاب.
- رفض المدرسة.
- أفكار إيذاء النفس.

تحديات تناول واستخدام المواد الخطيرة قد تؤدي إلى:

- التسمم.
- فشل التنفس.
- الإدمان.
- أضرار طويلة الأمد للدماغ أو الكبد أو الرئتين.

دور الوالدين

يُعد الوالدان خط الحماية الأول لدى الأبناء. ومن خلال التوجيه والدعم العاطفي والمتابعة ووضع حدود واضحة، يساهم الوالدان في تقليل المخاطر وتعزيز النمو الصحي للمرأهق. من خلال:

كيف يتحدث الوالدان مع المراهق؟

- اختيار وقت هادئ ومناسب للحوار.
- الاستماع دون توبیخ وتهديد وإصدار أحكام أو انتقاد.
- طرح أسئلة مفتوحة.
- التركيز على السلامة بدلاً من العقاب.
- بناء الثقة والاحترام المتبادل.

(أ)

التحدث مع المراهق

توفر الحدود الواضحة والمناسبة للعمر إطاراً من الأمان والتنظيم. ويجب مناقشة القواعد بوضوح، وتطبيقها بثبات، ومراجعتها بشكل دوري مع تقدم المراهق في العمر.

(ب)

وضع حدود صحية

- تحديد قواعد واضحة ومناسبة للعمر.
- مناقشة السلوك المقبول عبر الإنترن特.
- استخدام أدوات الرقابة كوسيلة حماية وليس عقاباً.
- إجراء حوارات دورية حول المحتوى الرقمي.

(ت)

وضع حدود رقمية صحية

دور الوالدين

(ث)

تقييم مدى هشاشةهم العاطفية

قد تظهر الضغوط النفسية والصعوبات العاطفية لدى المراهقين على شكل سلوكيات محفوفة بالمخاطر أو صعبة. ويمكن أن يزيد الضغط الدراسي والتوتر الاجتماعي والتعرض الرقمي من احتمالية تعرضهم لهذه الضغوط. ويُعد الدعم العاطفي والتشخيص المبكر للضيق النفسي من العوامل الوقائية الحاسمة.

يزداد احتمال انحراف الأطفال في تحديات خطيرة إذا كانوا:

- يعانون من التوتر أو التنمُّر أو الوحدة.
- يعانون من تدني تقدير الذات.
- يسعون للحصول على التقدير أو الاهتمام.
- يواجهون ضغوطاً عائلية أو دراسية.

(ج)

التعرف على العلامات التحذيرية

قد تظهر العلامات التحذيرية بشكل تدريجي أو مفاجئ. ورغم أن علامة واحدة قد لا تشير إلى خطر كبير، إلا أن تكرار العلامات أو اجتماعها يستدعي الانتباه.

علامات سلوكيَّة:

- زيادة العدوانية أو التمرد.
- تكرار مخالفة القواعد.
- زيادة السرقة أو الكذب.
- انشغال مفرط بالتحديات أو الترندات.
- سلوكيات تتطوّي على مخاطر لا تناسب مع الشخصية.
- حاجة متزايدة لموافقة الأقران أو الخوف من الإقصاء.
- إخفاء الأجهزة أو النشاط عبر الإنترنت.

علامات نفسية وعاطفية:

- فقدان الاهتمام بالأنشطة.
- حزن مستمر أو عصبية زائدة.
- قلق أو انسحاب عاطفي.

دور الوالدين

(ج) التعرّف على العلامات التحذيرية

علامات اجتماعية:

- الانسحاب من الأسرة أو الأصدقاء.
- تغيير مفاجئ في مجموعة الأصدقاء.
- تجنب الأنشطة الاجتماعية.

علامات دراسية:

- تراجع المستوى الدراسي.
- التغيب المتكرر عن المدرسة.
- فقدان الدافعية تجاه الدراسة.

علامات جسدية ورقمية:

- إصابات غير مبررة (كدمات، حروق، جروح، أو علامات).
- تغييرات في النوم أو الشهية.

**ينبغي على الآباء طرح الأسئلة بوضوح وهدوء
ودون إصدار أحكام.
أمثلة:**

- "هل شاهدت أي تحديات على الإنترنت مؤخرًا؟"
- "هل طلب منك أحد القائم بشيء شعرت أنه غير آمن؟"
- "ماذا ستفعل لو تحذّك صديق لتجربة شيء محفوف بالمخاطر؟"

(ج)

**طرح أسئلة
مباشرة وآمنة**

- التحلّي بالهدوء والانتباه.
- بدء حوار داعم مع المراهق.
- التركيز على السلامة والصحة النفسية.
- طلب المساعدة المهنية مبكراً عند الحاجة.

(خ)

**ماذا يفعل الوالدان
عند ظهور
العلامات؟**

ما الذي يجب تجنبه؟

قد يؤدي التهويل أو اللوم أو العقاب القائم على التخويف أو تجاهل العلامات المبكرة إلى تصعيد المخاطر وتقليل إفصاح المراهق.

عوامل الحماية من السلوكيات الخطرة:



مهارات تنظيم المشاعر.



وجود قيم أسرية واضحة.



علاقة قوية بين الوالدين والأبناء.



الأصدقاء إيجابيون.



الدعم من الأشخاص البالغين الموثوقين.

متى يجب طلب مساعدة مختص؟

يُنصح بطلب الدعم المهني:

- عند استمرار السلوكيات أو تصاعدتها.
- ارتباط السلوكيات بمشاكل نفسية.
- عند تأثيرها على السلامة أو الصحة النفسية أو الحياة اليومية.

متى يجب طلب مساعدة فورية؟

يجب طلب مساعدة طبية أو نفسية عاجلة في حال:

.4

وجود خطر مباشر على السلامة.

.3

الحديث عن إيذاء النفس.

.2

إيذاء النفس.

.1

حدوث إصابة.

كما يُنصح بالتواصل مع المرشدين المدرسيين أو مقدمي الرعاية الصحية أو المختصين في الصحة النفسية.

ماذا يمكن للوالدين فعله اليوم؟

- ملاحظة أي تغييرات في السلوك أو المزاج.
- إجراء حوارات منتظمة وهادئة مع المراهق.
- معرفة أصدقاء المراهق وروتينه اليومي.
- الاتفاق على قواعد واضحة للسلوك داخل وخارج الإنترنت.
- تعزيز مهارات استخدام التكنولوجيا والتفكير النقدي.
- توضيح مخاطر التحديات المنتشرة عبر الإنترنت.
- تقديم نموذج يُحتذى به في السلوك الآمن والمسؤول.
- إبقاء قنوات التواصل مفتوحة للإفصاح عن أي معلومات.
- طلب المشورة مبكراً عند الشعور بالقلق.

رسائل أساسية للوالدين:

- السلوكيات الخطرة مؤشر للتعرض لضغوطات أو احتياج، وليس سوء أخلاق.
- الحوار المبكر يحمي الأبناء.
- السلامة أهم من العقاب.
- الأسرة هي خط الحماية الأول.

قد تكون تربية المراهقين مرحلة مليئة بالتحديات، ولا يُتوقع من الوالدين التعامل مع كل المخاوف بمفردهم. الدعم المبكر والهادئ مع حدود ثابتة يساعد على منع تفاقم المشكلات وحماية سلامة المراهق وصحته النفسية. وعند الشعور بعدم اليقين، يُنصح بالتواصل مع المرشد المدرسي أو اخصاصي مؤهل للحصول على الإرشاد والدعم.

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