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### Selective Mutism In The Classroom

**Audrey Whisman** Gettysburg College, whisau01@gettysburg.edu

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### Selective Mutism In The Classroom

### Abstract

Selective Mutism is an extreme form of anxiety where in social situations, you completely freeze. It affects around 1 child in every 5 classrooms, but is considered to be one of the most misunderstood mental health disorders. Audrey Whisman created a curriculum program and guidebook which she will use to educate school professionals and teachers about what symptoms look like and how they can best support their students.

### **Keywords**

Mental health, Selective Mutism, Teachers

### **Disciplines**

Education Policy | Psychiatric and Mental Health

### Comments

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# Selective Mutism In The Classroom

Audrey Whisman Department of Public Policy, Gettysburg College, Gettysburg, PA

## Background

- Selective Mutism is an extreme form of anxiety where a child freezes in social situations.
- 1 child in every 5 classrooms shows symptoms.
- It is one of the most **misunderstood** mental illnesses.

### The Problem

- Students primarily show symptoms in the classroom, but many teachers lack the education and resources needed to help.
- If it goes undetected, symptoms can intensify.

### Research

I conducted interviews with:

Jennifer Brittingham

Licensed Professional Counselor

**Lisa Lyons** High School Principal

Michelle Stoudt School Counselor

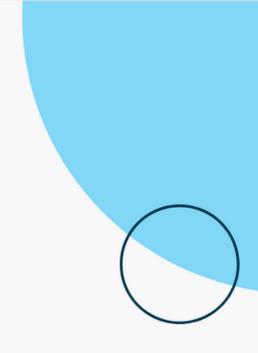
### Through my research, I investigated:

Current approaches Classroom strategies The impact of delayed diagnosis

## My Curriculum

My final proposal is a curriculum for education professionals.

Created with scientific-based evidence Explains SMRI strategies Psychologist approved



# Selective Mutism in the Classroom

A step by step guide to supporting students with Selective Mutism

Audrey Whisman

## Final Thoughts

- Possible obstacles: **stigma** and scheduling.
- Imperative to diagnose children before it's too late.
- Selective Mutism must become a household name, and this is the key way to do it.

### Summary

- I created a curriculum to educate school professionals about Selective Mutism and how to support their students.
- The guidebook is in place to allow teachers to have constant access to the resources in the presentation.
- The guidebook will be emailed to each attendee, and a printed copy will be kept in the counselor's office

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