



Rauði kross Íslands

The experience of immigration

- Impact on children and adolescents

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Demographics

- 18.563 in 2006
- 21.278 in 2007
- 7% of the population in Iceland is a non-Icelandic citizen
 - 7% of the population in Borgarbyggð



The immigrant experience

- difficulty adjusting to their new home
- trauma experienced in their country of origin
- cultural and language barriers
- encountering discrimination

Immigrant children and adolescents comprise a population that needs careful consideration and care



Moving to a new country

- Immigration is a difficult experience that causes stress, disrupts people's lives, and can even cause trauma.
- Cultural loss



Stages of immigrant trauma

- Cultural shock may include helplessness, depression, anxiety, anger, irritability, and confusion
- Culture shock has been described as the emotional disruption that people commonly experience when they pay an extended visit to or move into a society that is dissimilar from their own

Stages of immigrant trauma

- Departure
- Transition
- Resettlement



Departure

- The departure phase is the period preceding migration
 - This process has practical and emotional aspects and includes separation from people, places, belongings, and planning and managing the move



Transition

- Frequently, circumstances in the transitional situation are uncomfortable leading immigrants to question the entire idea of moving to a new country



Resettlement

▀ relocation

- Learn the language, rules, and norms of the new country
- Grieve losses
- Development of new ways of behaving
- New losses



Resettlement

Contact stage

- An introductory sense of the similarities and dissimilarities between his culture of origin and the new culture
- An introductory sense of monetary limitations, language and social obstacles, and prejudice and discrimination
- Exposure to the new culture and development of comparisons between the previous life and the new life



Resettlement

conflict stage

- Immigrants' motivation to go through this process varies depending on age, individual qualities, and social environment. More often than not, young people are faster to take on new norms than their parents and other adults do.



Resettlement adaptation

Immigrants:

- learn the language and traditions of the new country and learn to decipher social clues
- mourn their losses and the loss of their dreams, related to the expectations they had about the new land
- begin to face the new reality. They realize the permanence of the changes they have made so far
- learn ways to function in the new environment



Immigrant children and adolescents

- it might be very difficult for children and adolescents to cope with the difficulties of learning a new difficult language, meeting new people, adjusting to a new school, learning new school material, and adjusting to Icelandic society
- Learning and academic success can be challenging for children and adolescents when the curriculum and teaching methods of Iceland differ from those in their native country



Immigrant children and adolescents

- It is imperative to help the children of immigrant families integrate into Icelandic society particularly through education and their parents have a particularly important role in this matter



Red Cross projects

- Heimanámsaðstoð: Homework assistance project
 - A great opportunity for your children to improve their education, to learn the language and to make acquaintances with people that could help them in their adjustment