

Looking beneath the surface - Iceberg

What we see:

Behaviour

gaming, smoking, erratic
behaviour, alcoholism, drug
abuse, ...

Internal triggers

Numbing from pain
powerlessness
anxiety, trauma
loss, loneliness
racism
...

homelessness

Cultural background

No access to support

family
dynamics

peer pressure

poverty

External triggers

Looking beneath the surface - Situation cards

Profile

Luke, 19, apprentice in a technical training programme

Situation

Luca used to be engaged and punctual. Over the past month:

- He stays up gaming until 2–3 a.m.
- Arrives late or tired
- Misses deadlines and forgets tasks
- Says: “I’ll catch up later”

During breaks, he talks mainly about gaming and seems disconnected from training.

Profile

Andrea, 22, apprentice in a workplace (construction / hospitality)

Situation

Marco started joining colleagues for drinks after work:

- Initially 1–2 times per week → now almost daily
- Often arrives tired or slightly unfocused
- Occasionally late in the morning
- Laughs it off: “It’s just part of the job culture”

Refuses invitations to non-drinking activities.

Profile

Sara, 20, VET student

Situation

Sara is constantly on her phone:

- Active on social media late at night
- Checks notifications during lessons
- Struggles to stay focused
- Appears tired and disengaged

When asked, she says:

- “I can’t switch off my mind”
- “I just scroll to relax”



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