## The Impacts of War: PTSD

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder that's triggered by a traumatic event. You can develop PTSD when you experience or witness an event that causes intense fear, helplessness, or horror. In some cases the symptoms can get worse or last for months or even years. Sometimes they may completely disrupt your life.

## 1. Excerpt from *Soldier's Heart* by Gary Paulsen

a) If Charley survived the war, how do you think he would do? (2 marks)

b) Would he be able to go right back to normal life, or do you think he might have had to struggle with his memories? (2 marks)

c) Do you think he might suffer from post-traumatic stress disorder? Try to base your prediction on facts in the text. (3 marks)

## 2. Individual Article that you selected

a) If you read A Soldier's Letter Home from WWII, or The Forever War of the Mind.

Having read this, do you think you might suffer from PTSD if you found yourself in such a situation? Be specific as to why or why not, realizing that, of course, we can never predict exactly how we might respond in an unknown situation. (5 marks)

b) If you read Post-traumatic Stress Disorder (PTSD), or Daddy's Home

What are some things that family members and friends can do to help someone suffering from PTSD? Make a list of specific actions. (5 marks)

**3.** Fill out your "What is the Cost of War" chart for the excerpt from *Soldier's Heart,* that we read together, as well as the article that you chose to read.