

## **What to Expect After Trauma: Possible Reactions in High School Students**

- 1) Worries, fears, and anxiety about safety of self and others
- 2) Worries about re-occurrence or repercussions such as war or school violence
- 3) Changes in behavior:
  - a. Withdrawal
  - b. Irritability with friends, teachers, events
  - c. Anger outbursts and/or aggression
  - d. Changes in academic performance
  - e. Decrease in attention and concentration
  - f. Increase in hyperactivity
  - g. Absenteeism
- 4) Discomfort with feelings, particularly revenge, but also those of vulnerability
- 5) Increased risk for substance abuse, including drinking
- 6) Discussion of events and reviewing of details
- 7) Negative impact on issues of trust and perceptions of others, particularly those that are "different"
- 8) Increased sensitivity to sounds (e.g., sirens, planes, thunder, backfires, loud noises)
- 9) Repetitive thoughts and comments about death or dying (including suicidal thoughts)

### In addition, at home parents may see:

- 1) Changes in sleep or appetite
- 2) Withdrawal
- 3) Lack of interest in usual activities (e.g., after-school activities, time with friends)
- 4) Increased negative behaviors (e.g., defiance) or emotions (e.g., sadness, fears, anger, worries)
- 5) Hate or anger statements
- 6) Denial of impact