

Common reactions to disasters (teenagers)

A disaster may stimulate fears concerning the loss of their families and fears related to their bodies. Disasters disrupt their peer relationships and school life. As children get older, their responses begin to resemble adult reactions to trauma. They may also have a combination of some more childlike reactions mixed with adult responses. Teens may feel overwhelmed by their emotions, and may be unable to discuss them with their families. Parents who are concerned about their children can ask teacher or student support personnel for support.

Biologically	Cognitively
Body discomfort (Headaches, or other physical complaints)	Difficult to focus
Change of eating pattern (increase or decrease of appetite)	Repeatedly recall any stressful scene
Disturbed sleep	Night terrors, nightmares, fear of darkness
Tiredness	Sense of guilt and worry
Anxious acts (increased heartbeat, sweating, muscle tension increased)	Become forgetful or regress in memory
Emotionally	Behaviourally
Feeling depressed (lack of speech)	Avoidance behaviours
Feeling panic, lack of sense of security, or threatened	Verbally or physically become aggressive
Feeling anger, disappointed, guilt, helplessness	Become rebellious
Unstable emotion (irritability, tantrum, weeping)	Regressive behavior (Enuresis, thumb sucking...)
Numbness	Regressive academic performance
	School avoidance
Socially	
Loss of interest in peer social activities	
Feeling lonely or being isolated	
Easy to have conflicts with others	