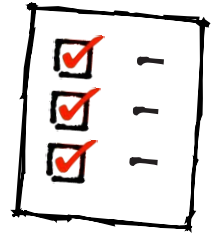


Name:

## Day Two PTSD

### Part 1: Tricky phrases and words



→ Read these phrases and words **out loud** to your partner.

- in the city of Basra in Iraq
- Haider's family may have post-traumatic stress disorder (PTSD)
- People can develop PTSD serving in a war
- PTSD is common for victims of crime
- Doctors say that people can recover from PTSD

- |                                    |                        |
|------------------------------------|------------------------|
| <input type="checkbox"/> Basra     | <b>BOZ</b>   rah       |
| <input type="checkbox"/> Haider    | <b>HAY</b>   dur       |
| <input type="checkbox"/> traumatic | traw   <b>MAT</b>   ik |
| <input type="checkbox"/> accident  | <b>AK</b>   sih   dent |
| <input type="checkbox"/> tortured  | <b>TOR</b>   churd     |
| <input type="checkbox"/> Baghdad   | <b>BAG</b>   dad       |



### Decoding practice:

- Underline the IGH pattern in the words below
- Cross out the GH
- Write a long vowel sign  $\bar{\text{I}}$  over the letter I
- Say the word with a long I sound (it says its name)

The first one is done for you.

fighting

tighly

nightmares

frightened

light



# Day Two PTSD

// one minute

## Part 2: Last read

WPM \_\_\_\_\_

On April 7, 2003, bombs began to light up the sky in the city of Basra in Iraq. Haider lived in Basra with his children. His terrified family stayed close together. Every time a bomb fell, they hugged each other tightly. They could not leave their house for three days. 50

After the bombing, the family saw neighbors' dead bodies. One neighbor's arm landed on their roof. Haider told *BBC News*, "My daughters still get nightmares." 64 75

Haider's family may have post-traumatic stress disorder (PTSD). People can develop PTSD serving in a war. But others may develop PTSD after a car accident. PTSD is common for victims of crime. PTSD shows up among children who see fighting in their home or community. 87 103 118 121

People with PTSD have nightmares and flashbacks. They may feel frightened for no reason. They remember the violence. Often, they can be angry. Children with PTSD may misbehave. Sometimes teens and adults take drugs or alcohol to try to forget. 134 148 161

Doctors say that people can recover from PTSD. People should speak to someone they trust about how they are feeling. They should also talk to a doctor. 175 188

In Iraq, years of harsh rule were followed by years of war. Many adults and children still suffer from PTSD. Doctors want to help. There is a hospital in Baghdad for people who were tortured. There are mental health centers. The centers help develop treatment for people with PTSD. 205 221 234 237

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## Part 3: Comprehension and discussion

What could you do to help a friend or family member who might have PTSD?

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Share your answer with your partner. What ideas can your partner add about ways to help?

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