

Name:

Day One

PTSD

Part 1: Silent read

➔ What happens to people who have experienced violence? Read silently.

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.

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."

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.

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.

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.

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.

Source: "Iraq War trauma: Your experiences," *BBC News*, September 27, 2005.



Day One PTSD

// one minute

Part 2: First timed read

WPM _____

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Part 3: Comprehension and discussion

Why do people get PTSD?

What is one feeling that PTSD can cause?

Day One

PTSD

Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

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. //

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." //

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. //

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. //

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. //

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. //

I read the passage in phrases out loud to my partner.