

LEARNING ACTIVITY 3

PSTD & Mental Health - How PSTD Affects Families

Students are given excerpts from Sue & Sally Anne's descriptions of living with someone with PTSD – **Learning Resource 2a (audio transcription)**

Working in pairs they are asked to read them to each other and then have a whole class discussion focussing on:

- a) What human qualities do you think the 2 women possess and why?
- b) What stands out about what they fear most or upsets them the most about their experience of supporting a loved one with PTSD?
- c) If you could talk to either one of them about what they have been through what would you say?
- d) Take the transcripts of Sue & Sally-Anne's interviews and edit them into one making them a discussion/scene between the 2 women. You can add dialogue where you need to in order to give the scene continuity. Imagine where you might set this scene and under what circumstances the women might meet.