

LEARNING ACTIVITY 8

PSTD & Moral Injury – Thoughts

Working with the personal testimony of Davina, a UK veteran who served in The Bosnian War (1992-1995)

Davina has experienced what is known by mental health professionals supporting veterans as a **Moral Injury**. This is defined as an injury to a person's morality and sense of justice and is sometimes also referred to as a 'soul injury'. In a military context, it may occur when a serving soldier (or other military personnel) witnesses something shocking that they are unable to do anything about.

Think about what you may regard as a moral injury in your own life experience; for example, witnessing something you are unable to do anything about at school or in the community. Write a short piece about your moral injury experience. These can then be read out by students and lead to a classroom discussion. **Learning Resources 5b & 5c** have examples of responses made by students from the Convent of Jesus & Mary Language College.