



FIJI NATIONAL  
UNIVERSITY

# JUNE-PTSD

# Awareness Month

Office of the registrar  
Counselling services

## PTSD stands for Post-Traumatic Stress Disorder

Did you know that 3% to 15% of girls and 1% to 6% of boys develop posttraumatic stress disorder as a result of a pre-existing trauma? If you don't know about PTSD and its impacts on teen it is because the topic is simply not talked about enough.

Teens are living in their most vulnerable state. The in-between of childhood and adulthood. Everything feels weird. Decision-making is a huge task and hormones are out the roof. PTSD adds to the stresses and challenges of life, taking a huge toll on teen's emotional and physical state.



### CONTACT:

Varsha Naidu  
Counselling Room, Disability  
Centre, Nasinu Campus  
Mobile: 8960857  
Ph: 339 4000 | Ext: 2979  
Email: counsellor-vn@fnu.ac.fj

Kantha Mani  
E Block, Natabua Campus  
Lautoka  
Mobile: 8910854  
Ph: 666 7533 | Ext: 7828  
Email: counsellor-km@fnu.ac.fj

## The Facts

- Children and teens that go through the most severe traumas tend to have the highest levels of PTSD symptoms
- Signs such as sleep problems, anger, and avoidance of certain people or places could indicate PTSD in a teen
- PTSD symptoms may be less severe if the person has more family support and if the parents are less upset by the trauma
- Events that involve violence, such as rape and assault, are more likely to result in PTSD than other types of traumas
- The more traumas a child goes through, the higher the risk of getting PTSD
- Girls are more likely than boys to get PTSD
- PTSD symptoms in teens begin to look like those of adults, except teens are more likely to show impulsive and aggressive behaviors
- Changes in school performance and problems with friends could also be a result of PTSD related issues.