

Stress Affects Boys and Girls Differently

VOCABULARY WORDS

1. traumatic /trə'madik, trou'madik, trô'madik/ emotionally disturbing or distressing.
Example: She was going through a traumatic divorce.
2. recovery /rə'kəv(ə)rē/ a return to a normal state of health, mind, or strength.
Example: The doctor said that the patient is showing signs of fast recovery.
3. empathy /'empəTHē/ the ability to understand and share the feelings of another.
Example: Representatives working in the call center industry must be good in providing empathy.
4. disturbing /də'stərbiNG/ causing anxiety; worrying.
Example: The increase in unemployment rate is quite disturbing.
5. alteration /,ôltə'rāSH(ə)n/ the action or process of altering or being altered.
Example: We need to make alterations to the original plan because something unexpected happened.



A study from Stanford University suggests that stressful events affect the brains of boys and girls differently. Girls could suffer more after **traumatic** events and be more likely to get post-traumatic stress disorder (PTSD). They also say that girls and boys should be treated differently during the **recovery** process from PTSD.

The lead researcher said: "It is important that people who work with traumatized youth consider the sex differences....It is possible that boys and girls could exhibit different trauma symptoms and that they might benefit from different approaches to treatment."

The research was on a part of the brain that deals with emotions and **empathy**, called the insula. A smaller insula means PTSD is more likely. Researchers said the insula was very small in girls who had experienced trauma. It was larger than usual in boys who had experienced a traumatic event.

PTSD is a mental disorder that can develop after traumatic events, such as sexual assault, war, traffic accidents, or life-threatening experiences. Symptoms may include **disturbing** or suicidal thoughts, nightmares related to the events, and **alterations** to how a person thinks and feels.

DISCUSSION

1. Why are some people better than others at dealing with stress?
2. Why might stress affect boys and girls differently?
3. What damage does stress do to the body?
4. What is the world's most stressful job?
5. Why is it difficult for us to deal with stress?