



psychological

physical

emotional
responses

wider effects

anxiety

sadness

guilt

if only...

feeling numb

shame

anger

fear

grief

tearful

can't
concentrate

flashbacks

nightmares

forgetfulness

distrust

nervy

panic attacks

death

scarring

can't sleep

exhaustion

lose interest in
things

Health problems

drinking/drugs

Over/under
eating

physical
symptoms of
anxiety

Community
feuding

family
breakdown

revenge

increase in
police stop and
search

community gets
a bad name

community fear

increased need
for support
through schools