



Supporting Middle and High School Students

Building Relationships to Dive into Reading and Writing

Unit 1: Solid Relationships to Build our Readers and Writers

Lesson 2: Stress and the Teenage Brain

Assignment 3

1. What situations in students' daily life might they encounter where their fight or flight responses might kick in?
2. Some students might experience fight or flight responses constantly at home. How might this impact how they respond at school?
3. How might knowing about the fight or flight response help you as you work with students?