
History Of School Shooting In The Us

There are a lot of school shootings happening in the U.S. today. The death of a child is a traumatic event that can have long-term effects on the lives of parents. When a school shooting happens, parents are the ones who get anxious about their children. School personnel can develop psychological problems for parents to make their children ready for such a situation which makes it a dangerous place to allow their children to go there. In light of the significance of child death as a traumatic experience for parents. The death of a child is one of the most painful events that can happen in a safe and unaccepted place such as school. mass shootings can result in over a dozen murdered students and a multitude of emotionally and physically scarred survivors. Their families, friends, and classmates will likely face lifelong consequences by carrying short- and long-term memories of devastation, violence, and suffering, simply because as a society we have not done enough to stop mass shootings.

Anxiety about school shootings has become really common in America in recent years. According to Rachel Ehmke an author and senior writer for the Childmind. she stated “parents tend to worry about school shootings more than their children do. Even though they’re the ones going into school every day, I just don’t hear a lot of kids worrying about it”(Ehmke). This quote explains how school shootings can affect the parents more often, We often focus on the number of deaths and injuries of mass shootings in schools, but it is more about how psychological casualties, which far exceed the physical ones. Parents have fair to lose their loved one which makes a hard decision for them to send their child to school and survive their life in that kind of place which has no safety.

A school shooting is horrific and scary and important it dominates the media and therefore our minds, and we think of it as a much bigger threat than it is. Parents are sometimes afraid to bring up school shootings with their children because they don’t want to scare them but when it happens it has lasting ramifications for each family and also impacts relationships among community members including parents. According to the Daily beast News Caitlin Dickson quoted an inside look of what was going on inside of the families who lost their loved ones. “It’s hard to put a finger on what’s changed because it’s become my life. It’s almost difficult to remember what it was like before this event(school shooting). We obviously will never get over it; none of the parents will ever get over it. Anything can trigger a memory of things we used to do with our son that we’ll never do again”. She interviews a couple of parents to prove, The pain and the scar that is just as fresh as the day it happened to these parents. It shows these school shootings psychologically affect them. a school shooting is not an easy issue to let happen, it does not just take away one person’s life in the family but destroys the whole family, community.

Mass shootings do leave not only physical injuries but also psychological injuries that require healing. but the trauma of a mass shooting for parents can potentially result in post-traumatic stress disorder (PTSD), depression, or other mental health issues that can continue to affect a person’s life drastically. While the parents will suffer symptoms of trauma that include flashbacks, anxiety, sadness, insomnia, fear, and anger, these signs will start to fade over time as they start re-engaging in activities. However, for some, it may get worse leading to depression or PTSD. It takes at least one month after the event to diagnose PTSD. Effective

treatment options include psychotherapy such as Cognitive Behavior Therapy (CBT) and medications.

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