



# Survivor-Centred Visual Narratives

## Stress Responses in Graphic Narratives

Using excerpts from *A Different Kind of Resistance* and *Two Roses*, complete the following chart.

- **Description:** Describe the panel or scene and identify which narrative it is from. Include the danger, threat, or trigger present in that moment.
- **Stress Response:** Identify whether the response is **fight, flight, or freeze**.
- **Physical Changes:** Describe the likely changes happening in the body during that moment. If the stress is prolonged, consider how those effects might become more intense.
- **Explanation:** Explain the evidence and reasoning that led you to your conclusions.

Description	Stress Response	Physical Changes	Explanation