



Survivor-Centred Visual Narratives

Cause and Effect Chart: Survival Conditions and the Human Body

Instructions:

Using the article provided and excerpts from “A Different Kind of Resistance” and *Two Roses*, identify situations that would place stress on the body. Explain how the body might respond biologically and why that response occurs.

| Situation or Condition (Cause) | Biological Response in the Body (Effect) | Why Does This Happen? (Scientific Explanation) | Source (Article, David, or Rose) |
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Guiding Prompts (If You Get Stuck)

Think about situations such as:

- limited food or hunger
- constant fear or danger
- lack of rest or sleep
- illness or poor living conditions
- hiding or uncertainty

Then ask yourself:

- What would happen inside the body?
- How might energy levels, muscles, or the brain be affected?
- How might prolonged stress change how the body functions?



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Cause and Effect Chart: Survival Conditions and the Human Body

Instructions:

Using the articles and excerpts from “A Different Kind of Resistance” and *Two Roses*, identify situations that would place stress on the body. Describe the biological response that would likely occur and explain why that response happens using scientific concepts from the lesson. Use the chart below as a guide when completing your own chart.

| Situation or Condition (Cause) | Type of Stress (Acute or Prolonged) | Body System Affected (e.g., brain, muscles, immune system) | Biological Response in the Body (Effect) | Scientific Explanation | Source (Article, David, or Rose) |
|--------------------------------|-------------------------------------|--|--|------------------------|----------------------------------|
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Helpful Reminders

- **Acute Stress**
Short-term stress that happens suddenly.
Example: hearing danger nearby.
- **Prolonged Stress**
Stress that continues for a long time.
Example: living with constant fear or hunger.

Possible Body Systems to Consider

- Brain / nervous system – stress hormones, focus, memory
- Muscles – fatigue, weakness
- Immune system – illness or difficulty fighting disease
- Digestive system – slowed digestion during stress
- Energy systems – body using fat or muscle for fuel

Guiding Prompts

If you are unsure what to add, consider situations such as:

- limited access to food
- constant fear or danger
- lack of sleep or rest
- illness or poor living conditions
- hiding or remaining silent for long periods

Then ask yourself:

- What would happen inside the body?
- Which body systems would be affected?
- Why would the body respond this way?