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### Section 16.1 Understand Crisis

#### Main Idea

**A crisis is a situation so critical that it overwhelms usual coping methods. People react to crises in stages. There are a variety of resources that can be used to cope with crises.**

# Chapter 16 Coping with Crisis



## Vocabulary

### Content Vocabulary

- ▶ crisis
- ▶ cope
- ▶ isolation
- ▶ adaptation

### Academic Vocabulary

- ▶ overwhelm
- ▶ ordeal

## Chapter 16 Coping with Crisis

### What Makes a Crisis?

There are three major measures of whether a problem is a **crisis**:

<b>Hardship</b>	The greater the hardship caused by an event, the more likely it is to be developing into a crisis.
<b>Resources</b>	Without the resources to handle a problem, a situation might become a crisis.
<b>Attitude</b>	If you can manage a problem, it is likely to be taken care of. A bad attitude will only make the situation worse.



#### Vocabulary

#### **crisis**

A situation that has reached a critical phase.

## Chapter 16 Coping with Crisis

### What Makes a Crisis?

Dealing with a crisis is not the same as solving a problem. In addition to decision making, people must **cope** with the added stress of the situation's seriousness.



#### Vocabulary

##### **cope**

To deal with and overcome problems and difficulties.

## Chapter 16 Coping with Crisis

### What Makes a Crisis?

#### Causes of Crises

Events out of your control such as an accident, job loss, or natural disaster are all examples of an **ordeal** that can cause a crisis. Family change from death, separation, breakup, or an unexpected addition can also provoke a personal crisis.



#### Vocabulary

##### **ordeal**

A difficult or painful experience, especially one that tests character or endurance.

### What Makes a Crisis?

#### Reacting to Crises

There are four usual stages in reacting to a crisis:

1. **Impact:** People can experience shock and sometimes numbness when a crisis hits.

# What Makes a Crisis?

## Reacting to Crises

2. **Withdrawal and Confusion:** People then pull back from the crisis situation. Unwilling to deal with the crisis, they put themselves in a sort of **isolation**. This is usually a defense mechanism against registering the severity of the crisis.



### Vocabulary

#### **isolation**

To feel set apart from others and completely alone.



# What Makes a Crisis?

## Reacting to Crises

- 3. Focus:** Most people manage to pull themselves together. They admit the crisis has occurred, confront it, and attempt to manage it.
- 4. Adaptation:** A person lastly puts a plan into action. Through **adaptation**, they learn to live with whatever changes the crisis brought.



### Vocabulary

#### **adaptation**

The means by which people make and adjust to changes.

## Chapter 16 Coping with Crisis

### Resources for a Crisis

If you experience a crisis, try to not let it **overwhelm** you. Seek the help of your support group. Family, friends, and other community members can help you cope.



#### Vocabulary

#### **overwhelm**

To overcome completely in mind or feeling.

## Chapter 16 Coping with Crisis

### After You Read

### Review Key Concepts

**Describe at least six common causes of crises.**

**Answers will vary but could include: illness, accidents, disasters, job loss, change of family membership, a person with special needs in family, death, etc.**

## **Chapter 16** Coping with Crisis

### **After You Read**

### **Review Key Concepts**

**Identify the first source of help for most people when a crisis hits.**

**The family.**

### Section 16.2 The Crises People Face

#### Main Idea

**People face a variety of crises. People can use management skills to get through crises.**

# Chapter 16 Coping with Crisis



## Vocabulary

### Content Vocabulary

- ▶ addiction
- ▶ compulsion
- ▶ alcoholism
- ▶ harassment
- ▶ emotional abuse
- ▶ violence
- ▶ bereaved
- ▶ grief
- ▶ denial
- ▶ intervention

### Academic Vocabulary

- ▶ degrade
- ▶ belittle

### Health Issues

Health problems occur throughout life. When they are serious, they affect individuals and families in a big way.

### Health Issues

#### Health Crises

Many families have a member with a grave illness, like cancer. Some parents have a health crisis when their baby is born too early or too late. Unexpected injuries from accidents or sports can also have serious consequences.

Sometimes, mental health crises can be even more difficult than physical ones. Sufferers of mental illness might have trouble functioning on a daily basis for the rest of their lives.



### Health Issues

Families feel the effect of a member's health crisis in two ways. On one level, it can be emotionally difficult to see a relative suffer. On another level, caring for his or her crisis can put a financial strain on the entire family.

# Health Issues

## Addictions

If an individual develops an **addiction**, he or she often requires professional help to recover from it.



### Vocabulary

#### **addiction**

A dependence on a particular substance or action.

### Health Issues

#### Addictions

Most addictions are related to a chemical dependency. Some chemical addictions, like a smoker's addiction to nicotine, lead to health problems but are not emotionally or legally distressing. Abuse of other substances, such as illegal drugs or prescription medications, can cause serious behavioral problems. Illegal substance abuse may additionally result in criminal charges and even jail time.

## Chapter 16 Coping with Crisis

### Health Issues

#### Addictions

A **compulsion** is far less likely to cause major problems than a substance addiction.



#### *Vocabulary*

#### **compulsion**

A behavior addiction.

# Health Crises

## Addictions

One common addiction is **alcoholism**. Many people who drink far more than normal do not believe that they are alcoholics, although the people around them can usually tell that they rely on alcohol.



### Vocabulary

#### **alcoholism**

An addiction to alcohol.

### Health Crises

#### Addictions

Substance abuse like alcoholism can affect an individual's behavior and upset a family. Users may neglect their duties, experience mood swings, develop violent behavior, and even look unhealthy. Such actions embarrass and concern caring family members.

### Harassment and Abuse

Offensive behavior comes in many forms. It can vary in severity from annoying to life-threatening. Any kind of poor behavior may damage people, things, and relationships.

## Chapter 16 Coping with Crisis

# Harassment and Abuse

## Harassment

Actions that inappropriately target other people are kinds of **harassment**:

**Bullying**

**Violence**

**Sexual**

**Verbal**

**Stalking**



### Vocabulary

#### **harassment**

Behavior that is threatening or disturbing.



## Chapter 16 Coping with Crisis

# Harassment and Abuse

## Harassment

Harassers may abuse people with taunts or aggression based solely on their race, religion, or gender. This sort of behavior is an attempt to **degrade** someone.



### Vocabulary

#### **degrade**

To lower in dignity; dishonor or disgrace.

# Harassment and Abuse

## Emotional Abuse

Harassers also attempt to **belittle** others.



### Vocabulary

#### **belittle**

To treat or speak of a person as small or unimportant; insult.

# Harassment and Abuse

## Emotional Abuse

Some kinds of abuse are more subtle than outright fistfights. A harasser may use **emotional abuse** to harm someone's sense of self-worth.



### Vocabulary

#### **emotional abuse**

The wrong or harmful treatment of someone's emotional health.

# Harassment and Abuse

## Emotional Abuse

There are five categories of emotional abuse:

**Rejection** Verbal insults that push the victim away.

**Terrorizing** Extreme threats or inappropriately terrible punishments.

**Ignoring** Refusal to acknowledge the victim.

**Isolation** Preventing the victim from connecting with others.

**Corruption** Teaching the victim to be suspicious of or aggressive towards others.

# Harassment and Abuse

## Physical Abuse

Physical abuse also comes in different forms.

**Violence** is the most obvious. Hostile assault might injure someone, damage property, and be learned by the children who observe it.



### Vocabulary

#### **violence**

When physical force is used to harm someone or something.

# Harassment and Abuse

## Physical Abuse

Violence is a prominent part of our culture. The media uses violence to entertain in video games, movies, and some music. It is important to remember that violent behavior in everyday life is actually the cause of many social and personal problems.

# Harassment and Abuse

## Physical Abuse

Parental neglect of children also counts as physical abuse. Dependent minors can be deprived the food, shelter, supervision, or medical care that their bodies need.

# Harassment and Abuse

## Physical Abuse

Domestic violence between partners is one of the hardest types of violence to stop. This abuse often occurs in cycles. After an event of abuse, the abuser can soften and apologize. The partners are then peaceful, but only until the abuse begins again.



### Death

Death is inevitable, but its circumstances vary. Dying in old age is expected, and arrangements like the funeral and the inheritance are already in place.

An unexpected death at a younger age is much harder to deal with. Family members in particular require a special process to accept the news.

## Chapter 16 Coping with Crisis

### Death

### Grief

Has somebody close to you ever died? It is a very emotionally upsetting experience.

After a death, those who are **bereaved** must allow themselves to feel grief.



#### Vocabulary

#### **bereaved**

The condition of having lost a loved one.

## Chapter 16 Coping with Crisis

### Death

### Grief

**Grief** can be very painful, and some people try to avoid it. However, ignoring grief does not make it go away. People must accept and get through their grief in order to emotionally move on.



#### Vocabulary

#### **grief**

Painful emotions and physical feelings resulting from the death of a loved one.

### Death

#### Grief

Grief is such a distressing emotion that it can have physical symptoms. People may not be able to sleep or eat. They may make themselves physically ill.

# Death

## Grief

Grieving is a very individual process and can take years. In general, it involves three stages:

1. Some people may be so distraught that they go into **denial** about the death.



### Vocabulary

#### **denial**

Disbelief in the existence or reality of a thing.

### Death

### Grief

2. It is inevitable, however, to acknowledge that the death took place. The subsequent sense of loss may seem unbearable.
3. Finally, a person recovers from grief by accepting the loss.

### Death

### Suicide

One of the hardest kinds of deaths to deal with is suicide. A suicidal person usually acts because they think that a problem is too overwhelming to live with. However, it is always best to find a solution rather than take such an extreme permanent action.

### Death

### Suicide

A suicidal person may send distress signals. If you recognize these, reach out to him or her immediately:

- Withdrawal from people and activities
- Substance abuse
- Increased depression
- Giving away cherished items
- Fantasizing about death



### Crisis Management

If a crisis occurs in your family or to one of your friends, consider your crisis-management options and abilities to respond productively. Decision-making skills and good communication will be very important.

### Crisis Management

An **intervention** might also be a worthwhile way to take action if someone you know is in a serious crisis that they cannot handle alone. Victims of abuse, substance addicts, suicidal people, and the mentally ill particularly need someone else to step in and help them deal with their problem.



#### Vocabulary

##### **intervention**

Taking direct action to cause change when someone else is in a crisis.

# Crisis Management

## Provide Help

Be a good relative, friend, and community member. You can help someone in crisis in a number of productive ways:

- Offer to help
- Give hugs
- Study the problem to provide advice
- Listen

## Chapter 16 Coping with Crisis

### After You Read

#### Review Key Concepts

**Explain why mental illness may cause more problems for a family than physical illness.**

**Answers will vary but could include: it is harder to recognize; some people do not see it as a real illness; some think people should be able to snap out of it.**

## **Chapter 16** Coping with Crisis

### **After You Read**

#### **Review Key Concepts**

**Identify five kinds of harassment.**

**Bullying; racial, religious, and sexual harassment; stalking.**

## Chapter 16 Coping with Crisis

### After You Read

#### Review Key Concepts

**Describe the three stages in the process of grieving.**

**Stage 1: numbness and disbelief; Stage 2: reality sinks in with feelings of sorrow and depression; Stage 3: recovery by facing the loss.**

## Chapter 16 Coping with Crisis

### After You Read Review Key Concepts

**Define intervention.**

**Intervention means taking direct action to cause change when someone else is in crisis.**

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Crisis

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