

Sara Davis: *The Fight, Flight, or Freeze Response in Childhood*

This study, using a method of fixed-effect meta-analysis examines the presence of a fight, flight, or freeze response in children.

In adults, managing the fight or flight response is taught as a skill and a component of conflict resolution. However, in young children, research is restricted to examining this effect in children experiencing trauma. The established prevalence of the fight, flight, or freeze response in adult life begs the question of what this response looks like in childhood.

Examining behavior through this lens allows adults to better understand and evaluate a child's response, making it easier for children to grow into the social-emotional skills they will need in adulthood.