

RACIAL TRAUMA

What is it?

THIS IS A RESULT OF EXPERIENCING **RACIAL STRESSORS, VIOLENCE** AGAINST PEOPLE OF COLOR, AND **DISCRIMINATION** THESE EXPERIENCES ARE ASSOCIATED WITH **NEGATIVE MENTAL HEALTH AND NEGATIVE PHYSICAL HEALTH** OUTCOMES.

Coping

- RECOGNIZE AND UNDERSTAND SYMPTOMS AND EXPERIENCES
- BUILD A SUPPORT SYSTEM
- PRACTICE SELF CARE
- ENGAGE IN ACTIVISM AND WITH YOUR COMMUNITY
- USE PRAYER, MANTRAS, SPIRITUALITY, AND JOURNALING TO KEEP GROUNDED AND FOCUSED

Communicate

CHILDREN AND YOUTH EXPERIENCE RACISM TOO. COMMUNICATE WITH YOUR CHILD ABOUT IT. **THERE'S NO RIGHT OR WRONG WAY TO DO IT**, BUT THESE TIPS MAY HELP GUIDE YOU:

- GIVE THEM YOUR UNDIVIDED ATTENTION
- EXPLAIN WHAT RACISM IS AND HOW IT MIGHT LOOK
- ALLOW THEM TO EXPRESS THEIR EMOTIONS
- ACKNOWLEDGE YOUR EXPERIENCES AND FEELINGS TOO
- EMPHASIZE THAT THEY ARE SAFE AND SUPPORTED

Symptoms

THESE SYMPTOMS OFTEN ALIGN WITH SYMPTOMS OF PTSD.

1. **RE-EXPERIENCING OF DISTRESSING EVENTS:** RELIVING MEMORIES AND IDENTIFYING RACIAL STRESSORS IN HIGHER NUMBERS
2. **AROUSAL:** A GREATER PERCEPTION OF BEHAVIORAL PROBLEMS AND PHYSICAL SYMPTOMS LIKE STOMACH ACHES
3. **CHRONIC STRESS**
4. **NEGATIVE EMOTIONS:** DEPRESSION, ANXIETY
5. **HYPERVIGILANCE**
6. **AVOIDANCE:** LESS WILLINGNESS TO TAKE ACADEMIC RISKS, HIGHER SCHOOL DROP-OUT RATES AFTER RACIAL DISCRIMINATION IS PERCEIVED

