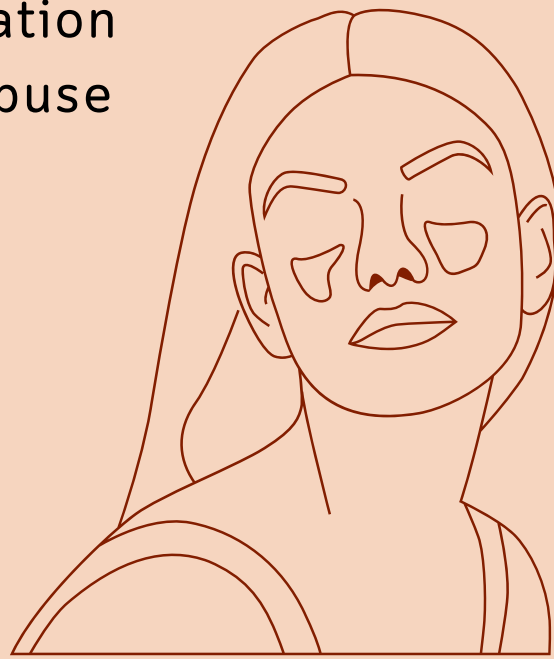


Trauma

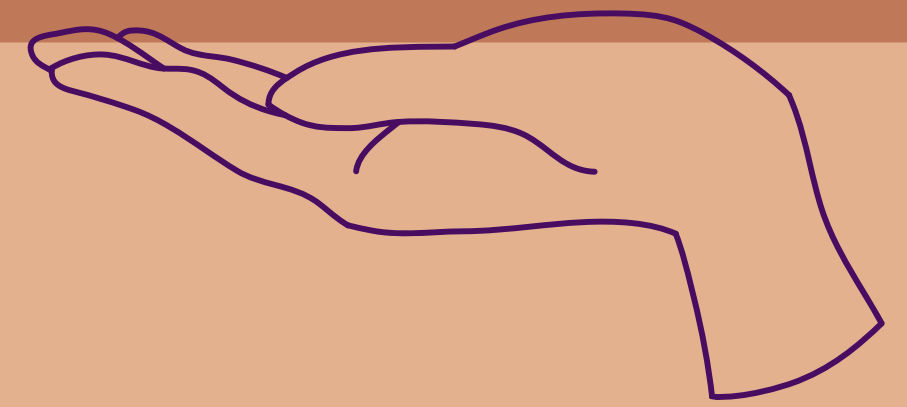
What is trauma?

Trauma is an emotional/physical/or behavioral response to a negative event. Having trauma can lead to short-term or life long consequences, like PTSD. Exposure to or identification with any of the following can be considered a traumatic event/trauma.

- Sexual Assault, Abuse, or Exploitation
- Victim / Witness of Violence / Abuse
- Emotional Abuse
- Loss of a family member
- Changes in education
- Loss of housing/ employment
- Witnessing interpersonal conflict
- Accidents & Disasters
- War / Terrorism / Refugee



Black youth are disproportionately impacted by trauma, with 61% reporting they have experienced at least one ACE, which is 10% to 38% more than their Hispanic, white, and Asian counterparts.



Consequences of Trauma

Externalizing

- Aggression
- Sexualized Behaviors/
- Unsafe Sex
- Delinquency
- Noncompliance
- Oppositional Behavior/Defiance
- Substance Use/Abuse
- Hyperactivity
- Behavioral Withdrawal

Internalizing

- Depression/Sadness
- Anxiety/Fear/Worry
- Numbing/Dissociation
- Anger
- Low Self Esteem
- Suicidality
- Self-Injury



Trauma impacts how people think, feel, and behave. Trauma exposure leads to two primary groups of issues, externalizing and internalizing. Severe responses to trauma exposure can lead to post-traumatic stress disorder (PTSD).

Treating Trauma

Talking with a professional is a great first-step in treating trauma. One highly recommended treatment is Trauma-Focused Cognitive Behavioral Therapy. It is a short-term therapy intervention specifically designed that addresses the needs of children with PTSD and depression, and other difficulties related to traumatic life experiences. It can be culturally adapted for racial/ethnic marginalized groups.

