

# Childhood Trauma Affects



(At Least 1 in 4 Students)

## In Every Single Classroom... Every Day...

Attachment  
& Trauma  
Network, Inc.



### What Trauma is...

A psychologically distressing event outside the range of usual human experience. It involves a sense of intense fear, terror, and helplessness, and may lead to a variety of effects, depending on the child.

- Bruce Perry

*Examples include child neglect, abuse, domestic violence, parental incarceration or abandonment, a family member's serious mental illness or substance abuse problem, highly conflicted divorce situations, as well as experiencing serious accidents, disasters, war, or acts of terrorism.*

### What Trauma Does to...\*

#### The Body

Fight/flight/freeze reactions  
Sensory/motor challenges  
Unusual pain responses  
Physical symptoms



#### Emotions

Hypervigilance  
High distress  
Self-regulation problems  
Difficulty communicating feelings and needs  
Possible dissociation



#### Actions

Poor impulsive control  
Aggression/  
dangerous actions  
Oppositional behavior  
Self harm  
Overly compliant  
Sleeping problems  
Eating problems  
Substance abuse



#### Thinking

Lack of curiosity  
Learning/processing problems  
Language development problems  
Difficulty regulating attention  
Executive functioning problems  
Problems with planning and organization  
Difficulty understanding cause and effect



### Trauma



#### No Signs

Some traumatized youth show little to no signs at school but may have difficulty at home in relationships with primary caregivers.



#### Relationships

General mistrust of others  
Clingy/overly dependent  
Withdrawn  
Problems with peers  
Overly helpful/solicitous of attention  
May lack empathy

#### Self Concept

Low self-esteem  
Toxic shame and guilt  
Grandiose ideas/bragging  
May blame others or self  
Body image problems  
Self-sabotaging behaviors



## What Trauma-Sensitive Schools Do...

### Help Students

Feel safe  
Be connected

Get regulated  
Learn

**They Benefit Everyone!**

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