Childhood Trauma

Affects





(At Least 1 in 4 Students)

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

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.

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.

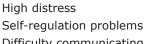
What Trauma Does to...*

The Body



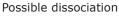
Fight/flight/freeze reactions Sensory/motor challenges Unusual pain responses Physical symptoms

Emotions



Hypervigilance

Difficulty communicating feelings and needs





No Signs

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



Trauma

Actions

Poor impulsive control Aggression/

dangerous actions Oppositional behavior

Self harm

Overly compliant Sleeping problems Eating problems

Substance abuse

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General mistrust of others Clingy/overly dependent Withdrawn Problems with peers Overly helpful/solicitous of attention May lack empathy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

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

What Trauma-Sensitive Schools Do...

Help Students -

Feel safe Get regulated Be connected Learn

They Benefit Everyone!

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