



10 THINGS EVERY
PARENT SHOULD
KNOW ABOUT

trauma

1
Trauma is an overwhelming event the brain can't process on it's own. It needs help unraveling and restructuring the experience.

2
Causes of trauma are different for everyone.

3
The response to trauma is different for everyone.

4
Little traumas can become a big trauma.

5
Trauma affects feelings of safety and security.

6
Responses from others about the trauma are important.

7
In a nationally representative survey of 12 to 17-year-old children, 8% reported sexual assault, 17% physical assault, and 39% reported witnessing violence.*

* <https://www.ncjrs.gov/pdffiles1/nij/grants/181028.pdf>

8
Trauma does not have to be permanent.

9
There are many different ways to heal trauma--be open to new ideas.

10
Trauma takes time to heal.