

Childhood Trauma Affects



Attachment
& Trauma
Network, Inc.



(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.

- 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

Self Concept

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

Relationships

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Withdrawn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

No Signs

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

What Trauma-Sensitive Schools Do...

Help Students

Feel safe
Be connected

Get regulated
Learn

They Benefit Everyone!

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