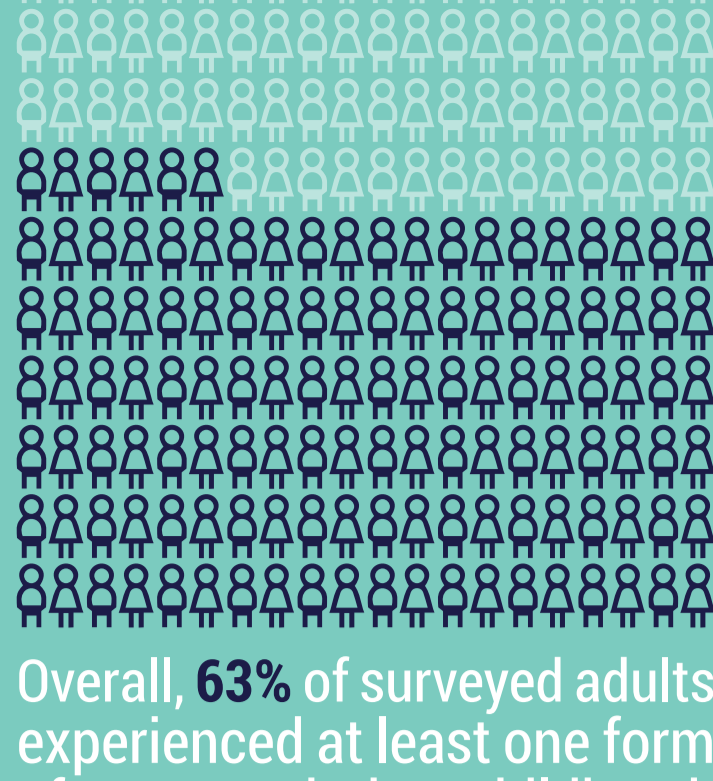




## WHAT IS CHILDHOOD TRAUMA?

Childhood trauma includes a wide range of complex, damaging interactions: physical, emotional, and sexual abuse, as well as repeated circumstances that cause children to feel endangered or worthless.



Overall, **63%** of surveyed adults experienced at least one form of trauma during childhood.

## HOW DOES TRUAMA AFFECT THE BRAIN?

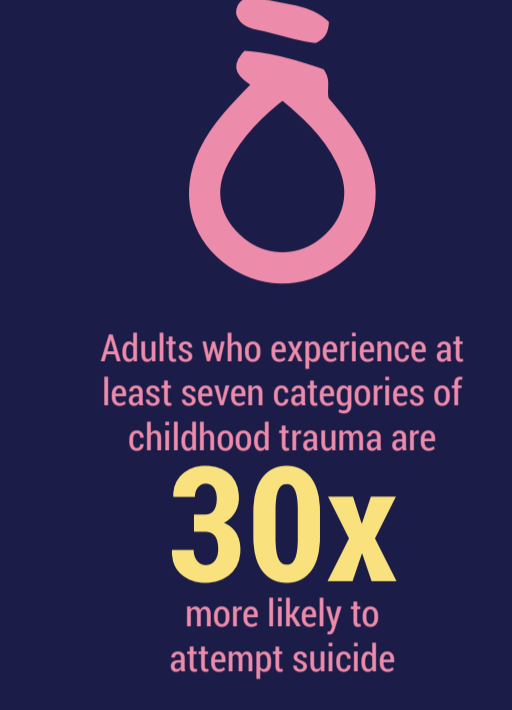
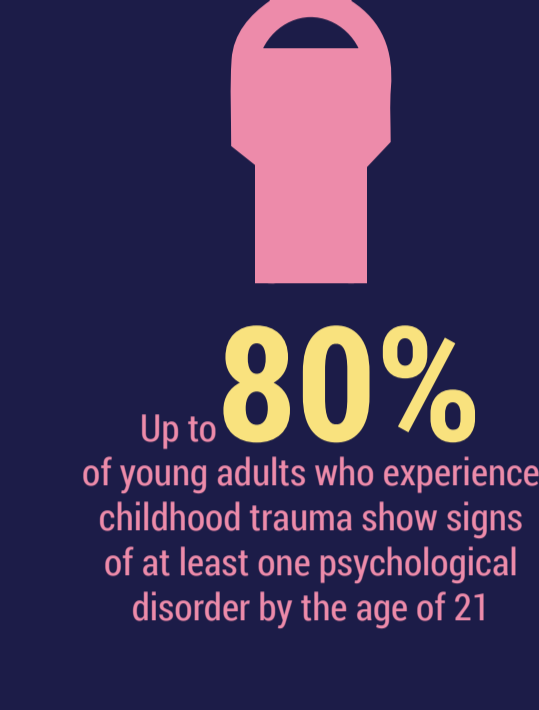
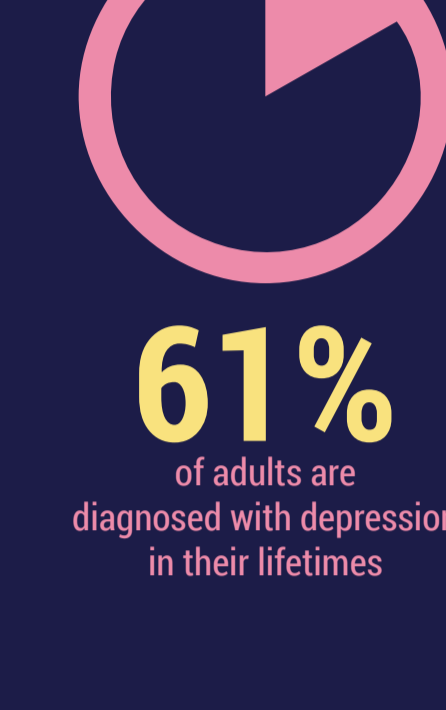


Early childhood trauma is a predictor or cause of many adult health issues, including **DEPRESSION, ANXIETY, DISEASE, OBESITY** and **SUBSTANCE ABUSE**.

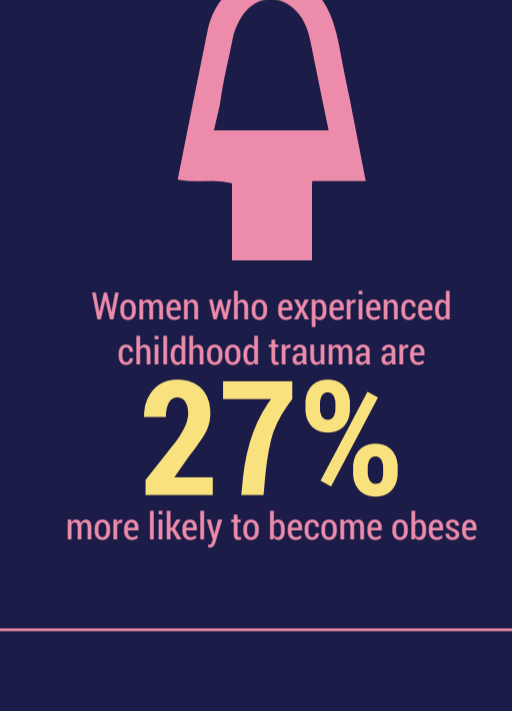
**Childhood trauma may have PHYSICAL EFFECTS on the brain.**

Altering the size and function of crucial regions of the brain, damaging the body's chemical and neurological ability to manage stress.

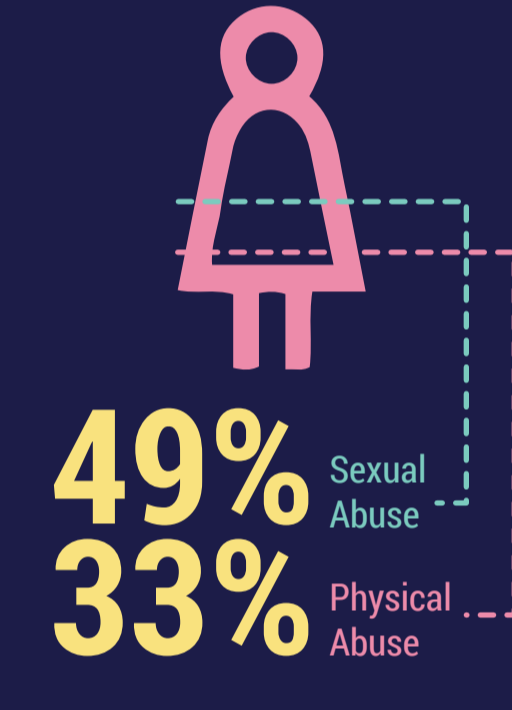
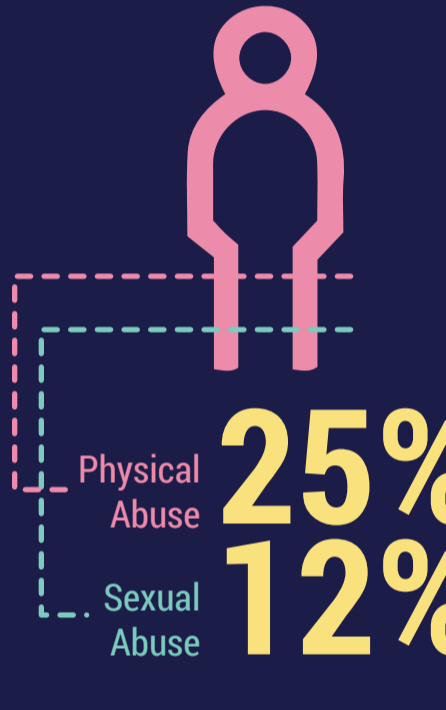
## LONG-TERM IMPACT: DEPRESSION & SUICIDE



## LONG-TERM IMPACT: EATING DISORDERS



## LONG-TERM IMPACT: SUBSTANCE ABUSE



## HOW TO HELP AN ABUSED CHILD WHO DISCLOSES TO YOU

- Remain Calm
- Reassure the child they did nothing wrong
- Reassure the child you believe them and you're glad they told
- Offer comfort - tell the child you will help
- Ensure the safety of both you and the child
- Listen and do not correct the child's use of language
- Report the child abuse to the authorities
- Do not interrogate the child
- Do not make suggestions as to what happened
- Do not act shocked, disgusted or doubtful
- Do not use words that may frighten the abused child like 'rape', 'child abuse', or 'jail', etc.



**CHILDREN EXPOSED TO VIOLENCE IN THEIR FAMILY, SHOW THE SAME PATTERN OF ACTIVITY IN THEIR BRAINS AS SOLDIERS EXPOSED TO COMBAT**

## DO YOU KNOW THE WARNING SIGNS OF ABUSERS?

**90%** of sexual abuse is committed by someone who is known to the child and / or the child's family.

## KNOW THE WARNING SIGNS

- Prefers the company of children and youth over the company of adults
- Goes overboard with physical touching
- Bends established rules; encourages youth to break their parents' rules
- Takes photos of minors for no apparent reason
- Shows a child or teen with gifts or special attention
- Goes out of their way to spend time alone with a child or teen
- Shows preference for a particular child or adolescent
- Tries to meet up with the child outside of school or church
- Sends personal messages to a student through text, phone calls, emails, etc.
- Provides alcohol, drugs, or pornography to minors