



TEA-BREAK GUIDE



Trauma is a lasting emotional response that often results from living through distressing circumstances or events.

This can be a single event, like a car accident, or prolonged exposure, such as neglect and abuse. In the UK, 1 in 3 children and young people are exposed to at least one potentially traumatic event by the time they are 18.

Impact

Children who are exposed to trauma can have immediate impacts and they are at significant risk of developing serious and long-lasting problems into their adulthood. Traumatic experiences early on in life can impact the architecture of a developing brain and result in concerns in their development, learning, health and behaviour.

- Trauma can impact children in a variety of ways, such as:
- Intense emotional upset
- Low mood or anxiety
- Behavioural changes
- Hypervigilance
- Difficulties with self-regulation
- Unusual forming of attachments (lack of attachment or 'clingy')
- Self-esteem issues
- Attention difficulties and concerns around learning
- Sleep issues
- Unusual relationship with food (hoarding, stealing or refusal)
- Physical symptoms, such as aches and pains

Trauma Informed Practice is an approach that acknowledges the prevalence of trauma and seeks to create safe and supportive spaces that foster resilience. (It is not a specialist trauma specific intervention that treats trauma through therapies etc.)

Everyone that works with children and young people should recognise and understand the impacts of trauma and work together to embed this knowledge within curriculums, policies, procedures and practices.

