

## PART 1: WHAT IS TRAUMA AND WHO IS AFFECTED?

- Experiences become traumatic when they overwhelm our ability to cope.
- Traumatic experiences come in many forms, ranging from one-time events to experiences that are chronic or even generational.
- Exposure to trauma in childhood is common.
- Risk for exposure to more than one type is high.
- Contextual factors increase one's risk for trauma

### ACTIVITY #1: THE STRESS RESPONSE

The chart below lists various types of trauma by category: acute, chronic, complex, historical, and racial. Fill in the fourth column with examples of different types of trauma experienced by the students at your school.

Category	Definition	Trauma type	Examples from your school community
Acute	Single, isolated incident	<ul style="list-style-type: none"> <li>• Accident</li> <li>• Natural disaster</li> <li>• Single act of violence or terrorism</li> <li>• Sudden unexpected loss</li> </ul>	
Chronic	Traumatic experiences that are repeated and prolonged	<ul style="list-style-type: none"> <li>• Prolonged family or community violence</li> <li>• Long-term illness</li> <li>• Chronic bullying</li> <li>• Chronic poverty and related stressors</li> <li>• Exposure to war, torture, or forced displacement</li> </ul>	
Complex	Exposure to multiple traumatic events from an early age, often within the caregiving system or without adequate adult support that has short and long-term effects in many areas	<ul style="list-style-type: none"> <li>• Physical, emotional, and sexual abuse within caregiving systems</li> <li>• Ongoing neglect by caregivers</li> <li>• Witnessing domestic violence</li> <li>• Other forms of chronic violence without support</li> </ul>	
Historical & Racial	Collective and cumulative trauma experienced by a group across generations that are still suffering the effects and current experiences of race-based trauma	<ul style="list-style-type: none"> <li>• Systematic oppression of particular groups across generations</li> <li>• Racism</li> <li>• Discrimination</li> <li>• Harassment</li> </ul>	

## DISCUSSION QUESTIONS: TYPES OF TRAUMA

1. What surprised you during this activity?
2. How aware do you think school staff are about the rates and types of trauma in the lives of the students in your school?
3. What groups of students are likely to experience higher rates of potentially traumatic events at your school (e.g., exposure to violence outside of school, bullying, harassment, violence in school)?
4. What more would you like to learn about the prevalence and types of trauma as it relates to your school community?
5. How does information about the prevalence and types of trauma among students inform how your school operates day-to-day?