

Trauma and its impacts

# Individual trauma

results from an event or series of events/  
circumstances that is experienced by an individual as  
physically or emotionally harmful or threatening

#EndChildhoodSexualViolence



WE ARE BRAVE SO THAT CHILDREN CAN BE SAFE

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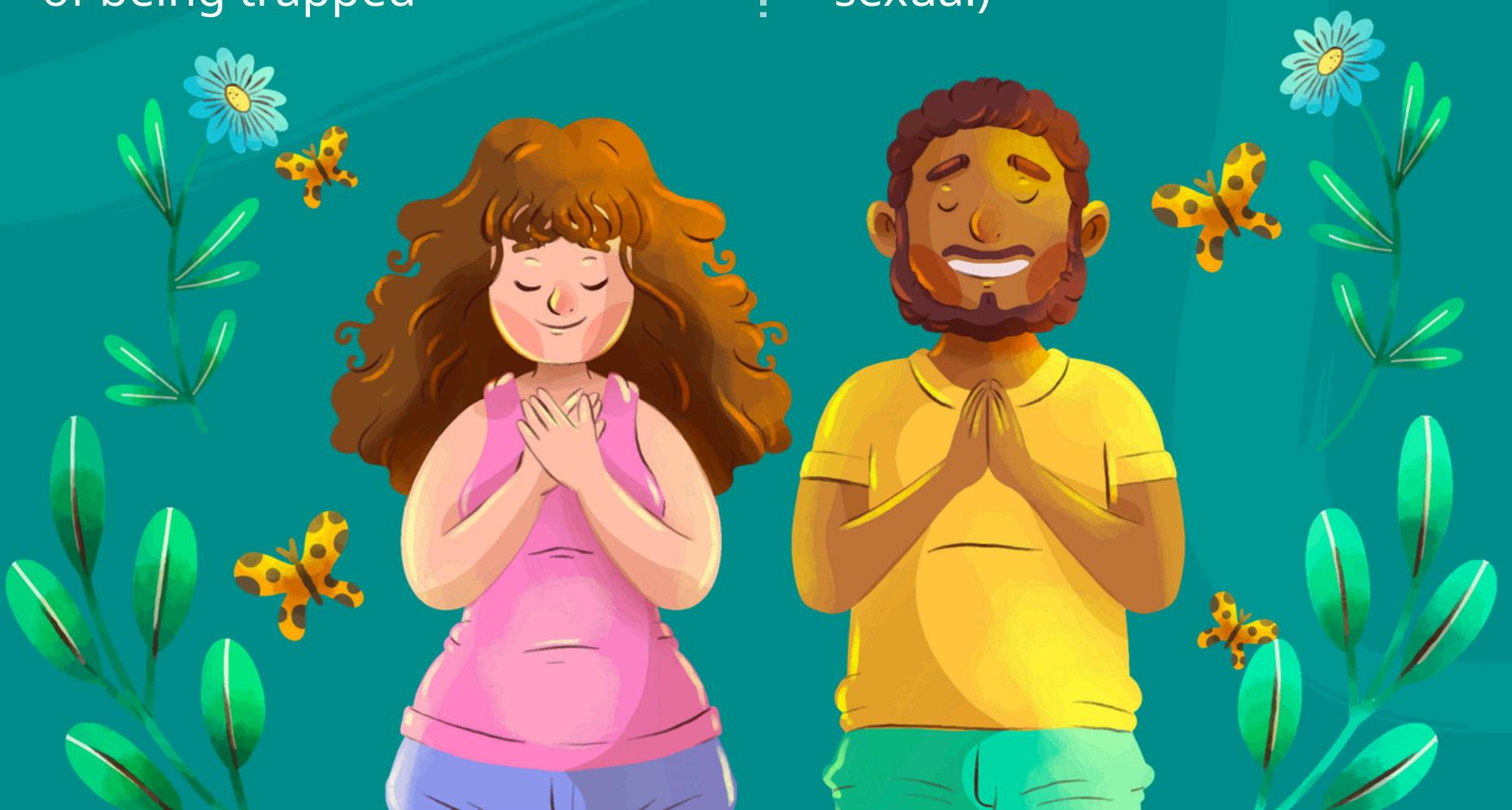
### Types of trauma

**Acute trauma** can arise from intense distress in the immediate aftermath of a one-time event– the reaction is typically for a shorter duration

**Secondary or vicarious trauma** can arise from exposure to other people's suffering and often affects first responders and social workers

**Complex trauma** can arise from experiencing repeated or multiple traumatic events from which there is no possibility of escape. It is often grounded in a sense of being trapped

**Chronic trauma** can arise from harmful events that are repeated or prolonged. It can develop in response to persistent bullying, neglect, abuse (emotional, physical, or sexual)



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# Compassion fatigue

describes the physical, emotional, and psychological impacts of helping others

#EndChildhoodSexualViolence



# A trauma-informed practice or policy

the recognition that every person we interact with may have experienced some trauma, so we proactively create and establish protective factors to respond to this

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