

Back to school this year will be anything but normal

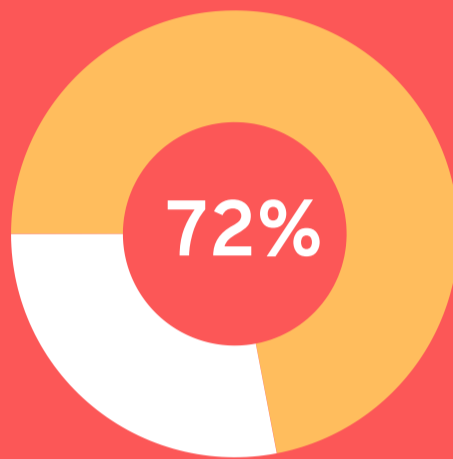


Whether your district offers e-learning or in-person classes this year, expect to see an increase in students with trauma symptoms brought on by COVID-19 and quarantine.

What is trauma?

Trauma is a significant emotional response to a deeply distressing or disturbing event. It can result from any type of Adverse Childhood Experience (ACE) such as emotional, physical, or sexual abuse; parental neglect; substance abuse; divorce; witnessing violence; the death of a loved one; and, certainly, a global pandemic and subsequent quarantine.

72% of youth will experience at least one Adverse Childhood Experience (ACE) before the age of 18 years.



As the number of ACEs increases, so too does the risk for psychological, behavioral, and social-emotional problems.

SYMPTOMS of child trauma

When a child experiences an ACE, they may develop emotional, psychological, or physical symptoms. The COVID-19 pandemic and quarantine could mean a rise in students who experience trauma. Because many more people are isolated in their homes, students may have an increased exposure to domestic violence, different forms of abuse, social isolation, and the anxiety caused by the pandemic itself. Symptoms may include:

- Irritability and changes in mood
- Difficulty regulating emotions
- Hyperactivity
- Difficulty sleeping
- Aggression or defiance
- Social withdrawal
- Substance abuse
- Anxiety and depression
- Suicidal thoughts or behaviors

The effects of trauma—no matter the cause—can have a real impact on your students' success. Without help, they could begin to demonstrate behavioral issues, disengage from social activities, and have difficulty focusing—all of which can lead to poor academic outcomes.

They need your help.

PTSD in children

While often associated with those serving in the military, posttraumatic stress disorder (PTSD) can occur in anyone who has experienced a traumatic event—even children.

Symptoms that last more than a month may result in a diagnosis of PTSD:

- Reliving the event over and over
- Nightmares and sleep problems
- Irritability and angry outbursts
- Constantly looking for possible threats; being easily startled
- Acting helpless, hopeless, or withdrawn
- Avoiding people or places associated with the event

16% OF CHILDREN who experience a traumatic event DEVELOP PTSD

Childhood trauma statistics

More than two-thirds of children reported at least one traumatic event by age 16 years

Each year, the number of youths requiring hospital treatment for physical assault-related injuries would fill every seat in

9 stadiums

683,000

Children were victims of child abuse and neglect in 2015



1 high school student out of 5 is bullied at school



1 high school student out of 6 experiences cyberbullying