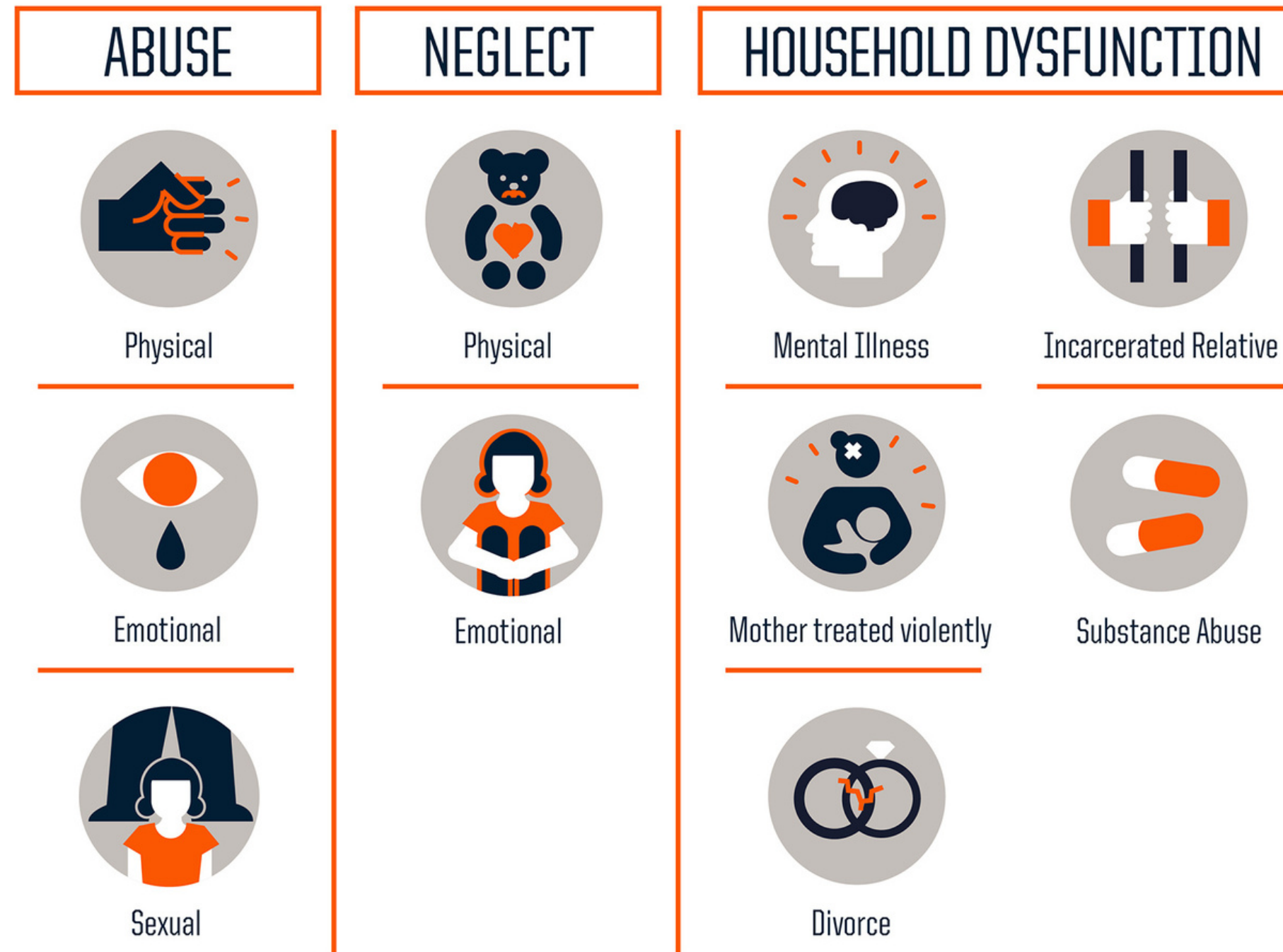


Trauma

Trauma is incredibly common. Most adults have experienced at least one of the Adverse Childhood Experiences (ACEs).



Source: Centers for Disease Control and Prevention
Credit: Robert Wood Johnson Foundation

Always Operate in a Trauma-Sensitive Way

Not every student has experienced trauma and we might not know what our students have gone through, but it's important to know that if they have experienced trauma it can impact our sessions.

Learn More:

- [Fight, flight, & freeze in the classroom](#)
- [Identifying triggers](#)
- [Responding to triggers](#)
- [Building healing relationships](#)

