



TRAUMA REACTIONS

CHILDREN AGED 11-18 YEARS OLD

Adolescents have some awareness of what has happened and what the consequences may be.

May experience intrusive memories and imagery of trauma.

WHAT CAN PARENTS DO

Talk about traumatic event with family members

Provide opportunities for the young person to spend time with friends who are supportive

Monitor young person's coping at home, school and in peer group

Take signs of depression, accident proneness, recklessness and persistent personality change seriously

Encourage physical fitness and activities that offer opportunities to experience control and self esteem

GENERAL TRAUMA REACTIONS

Trauma driven acting-out behaviour, sexual acting out or reckless, risk taking behaviour
Efforts to distance from feelings of shame, guilt and humiliation

Sleeping and eating disturbances

Vulnerability to depression, withdrawal and negative thoughts

SEXUAL ABUSE SPECIFIC

Sexually acting out or aggressive interaction with younger children

Sexually promiscuous behaviour or total avoidance of sexual involvement

Running away from home