



Understanding Child Trauma



Child trauma occurs more than you think.

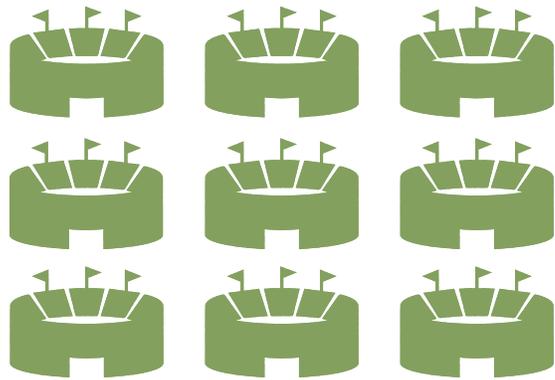
More than **TWO THIRDS OF CHILDREN** reported at least 1 traumatic event by age 16.¹ Potentially traumatic events include:

- PSYCHOLOGICAL, PHYSICAL, OR SEXUAL ABUSE
- COMMUNITY OR SCHOOL VIOLENCE
- WITNESSING OR EXPERIENCING DOMESTIC VIOLENCE
- NATURAL DISASTERS OR TERRORISM
- COMMERCIAL SEXUAL EXPLOITATION
- SUDDEN OR VIOLENT LOSS OF A LOVED ONE
- REFUGEE OR WAR EXPERIENCES
- MILITARY FAMILY-RELATED STRESSORS (E.G., DEPLOYMENT, PARENTAL LOSS OR INJURY)
- PHYSICAL OR SEXUAL ASSAULT
- NEGLECT
- SERIOUS ACCIDENTS OR LIFE-THREATENING ILLNESS

The national average of child abuse and neglect victims in 2013 was **679,000, or 9.1 victims** per **1,000 children**.²



Each year, the number of youth requiring hospital treatment for physical assault-related injuries would fill **EVERY SEAT IN 9 STADIUMS**.³



1 IN 4 HIGH SCHOOL STUDENTS was in at least **1 PHYSICAL FIGHT**.⁴



1 in 5 high school students was bullied at school; **1 IN 6 EXPERIENCED CYBERBULLYING**.⁵



19% of injured and 12% of physically ill youth have post-traumatic stress disorder.⁶



More than half of U.S. families have been affected by some type of disaster (**54%**).⁷

¹ Copeland, W.E., Keeler G., Angold, A., & Costello, E.J. (2007). Traumatic Events and Posttraumatic Stress in Childhood. *Archives of General Psychiatry*, 64(5), 577-584.

² U.S. Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Children's Bureau. (2015). Child maltreatment 2013. <http://www.acf.hhs.gov/sites/default/files/cb/cm2013.pdf>

^{3,4,5} National Center for Injury Prevention and Control: Division of Violence Protection (2014).

Taking Action to Prevent Youth Violence: A Companion Guide to Preventing Youth Violence: Opportunities for Action.

<http://www.cdc.gov/violenceprevention/youthviolence/pdf/opportunities-for-action-companion-guide.pdf>

⁶ Kahana, S., Feeny, N. C., Youngstrom, E. R., & Drotar, D. (2006). Posttraumatic stress in youth experiencing illnesses and injuries: An exploratory meta-analysis. *Traumatology*, 12, 148-161. doi: 10.1177/1534765606294562

⁷ Save The Children (2014). 2014 National Report Card on Protecting Children in Disasters. http://www.savethechildren.org/atf/cf/%7B9def2ebe-10ae-432c-9bd0-df91d2eba74a%7D/SC-2014_DISASTERREPORT.PDF

NCTSN The National Child Traumatic Stress Network

