



Basic Principles of Trauma-Informed Sex Education

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- Personal Safety



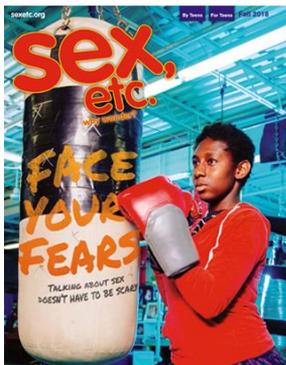
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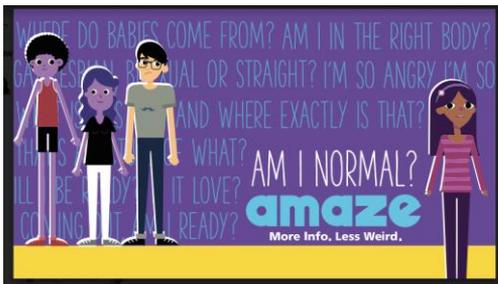




Sexetc.org on mobile, tablet & desktop

- Info & resources at school, home and on the go
- Simple & attractive design that adapts to fit any screen





Amaze.org—animated videos for 10- to 14-year-olds

- Accurate, age-appropriate sex education
- Videos for young people, lesson plans, answers to some common questions



Learning Objectives

By the end of this session, participants will be able to:

- Explain the three types of trauma;
- Identify at least five traumatic experiences that a young person may face; and,
- List at least two areas of sex education that may trigger trauma.





What is trauma?



Definition of Trauma

An event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

-Substance Abuse and Mental Health Services Administration (SAMHSA)



Types of Trauma

Acute

A single traumatic event

Chronic

Multiple or prolonged traumatic events

Complex

Multiple or prolonged traumatic events that often occur within a caregiving system





What traumatic experiences might young people face?



Traumatic Experiences

- Car accident
- Bullying
- Neglect
- Violence in home/community
- Sudden/violent loss of loved one
- Natural disaster
- Physical/sexual assault
- Physical/sexual abuse
- Sudden injury/illness
- Systemic issues: (racism, classism, gender discrimination, homophobia, transphobia)
- War/political violence
- School violence/shootings
- Etc.

SOURCE: The National Child Traumatic Stress Network, 2017



Prevalence

- 60% of the population have been exposed to crime, violence, abuse or other difficult family circumstance by age 17.
- 26% of children in the United States will witness or experience a traumatic event before they turn 4.
- Between 1 in 4 and 1 in 3 US students say they have been bullied at school; 1 in 4 have been the victims of cyberbullying.

SOURCE: National Center for Mental Health Promotion and Youth Violence Prevention, 2012
Violence, Crime, and Abuse Exposure in a National Sample of Children and Youth, JAMA, 2013
KidsHealth.org, 2014





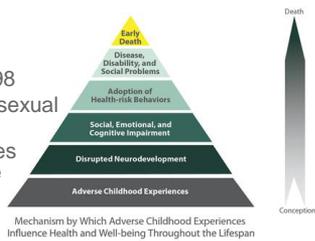
Impacts of Trauma



ACEs Study

Adverse Childhood Experiences (ACEs)

- Original study: 1995-1997, pub. 1998
- Emotional/physical/ sexual abuse
- Household challenges (violence, substance abuse, divorce, etc.)
- Emotional/physical neglect
- Continued ongoing surveillance



SOURCE: Adverse Childhood Experiences (ACEs), CDC, 2016



Trauma and the Brain

- Experiences physically alter the brain and how its main components function
- Overactive amygdala – in survival mode even when no threat is present
- Functioning of the thinking brain is reduced
- Abnormal cortisol levels
- Decreased size of brain
- Changes in connectivity of some part of the brain



SOURCE: National Scientific Council on the Developing Child, 2005/2014 Child Welfare Information Gateway, 2015



Trauma and Sex Education

1. Form groups at each key topic area.
2. Brainstorm issues/topics related to your key topic area that might trigger past trauma.
3. Be prepared to report back to the large group.



NSES

Anatomy & Physiology

- Gender identity

Personal Safety

- Sexual abuse
- Sexual assault
- Sexual harassment
- Incest
- Rape
- Bullying

Puberty & Adolescent Development

- Gender identity

Healthy Relationships

- Dating violence
- Boundaries

Identity

- Sexual orientation
- Gender identity
- Gender expression

Sexually Transmitted Diseases & HIV

- HIV
- STD transmission

Pregnancy & Reproduction

- Unplanned pregnancy
- Miscarriage
- Abortion
- Adoption



Processing

- What thoughts and feelings did you experience during this activity?
- Did anything surprise you?
- Why do you think it is important to be aware of these possible triggers?
- What can you do to reduce the chances your students might be triggered when discussing these topics in class?





Resources for Educators



Resources (online)

- *A Guide to Trauma Informed Sex Education – Cardea Services*
- *A Trauma Informed Approach for Adolescent Sexual Health – Resources for Resolving Violence*
- *Concept of Trauma and Guidance for a Trauma-Informed Approach - SAMHSA*
- *Supporting a Trauma Informed Approach – ETR*
- *Child Trauma Toolkit for Educators – The National Child Traumatic Stress Network*
- *The Learning Center - The National Child Traumatic Stress Network*



Resources (in-person)



FOUNDATIONS
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Thanks! Let's Connect!

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