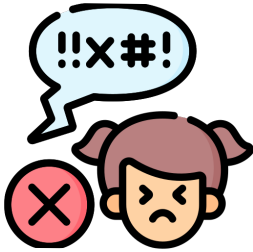
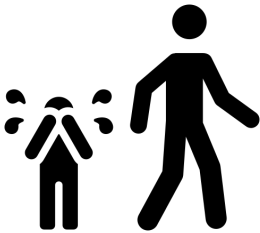


What is Trauma?

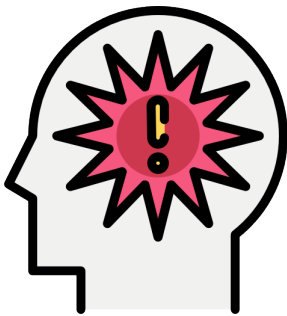
This is a toolkit to explain trauma. It will answer questions like:



What is abuse?

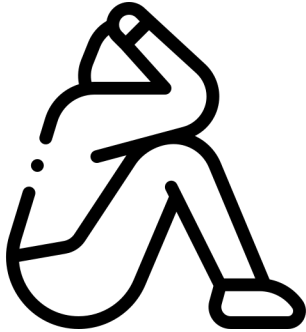


What is neglect?



What is trauma?

Content Warning

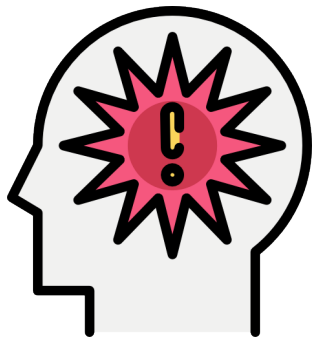


The topic of “trauma” can bring up big feelings and hard memories. This will explain different ways someone might have hurt you. We are using clear language to help you learn, but this might make you remember something that happened in your past. We will talk about and define abuse and neglect. This will include sexual trauma.

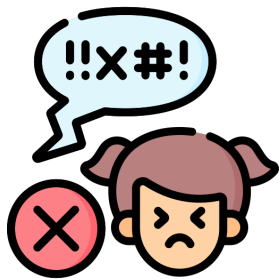


Please take care of yourself. If you do not feel okay reading this, it is alright to take a break or stop reading. You can talk about your feelings with someone who you trust.

What is abuse?



Sometimes, people can experience something that really hurts them. They can feel like their life or body is in danger. This might happen one time or many times. Abuse and neglect might cause trauma.



Abuse is any unwanted physical, verbal, financial, sexual, or emotional hurt.



Someone might hurt your body. They might cause serious pain or hurt you many times. This is **physical abuse**.



Someone might touch you in a way you don't want to be touched. They might touch your chest, genitals, or bottom. They might touch their private parts or genitals in front of you or make you touch them when you don't want to. This is **sexual abuse**.



Someone might make you feel like you can't make your own decisions. Someone might yell at you and hurt your feelings. Someone might tell you what you can and cannot do, over and over again. This is **emotional abuse**.



Someone might take your money away from you and not give it back. This is **financial abuse**.



You might try to make this person happy and do what they want to do because you do not want to feel hurt by them.

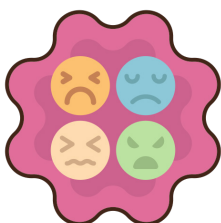
If you are being abused you might feel many things.



You might feel like you have no voice.



You might not be able to make your own choices. You might not be able to say "NO". If you say no, or do what you want to do, the abuser will make you feel hurt.



You might feel scared, worried, sad, or angry.



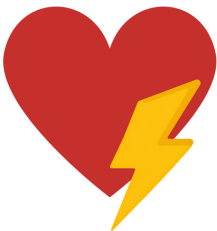
Your body might tremble and shake.



You may feel like it is hard to breathe.



Your thoughts might become confused.

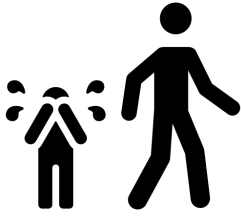


Your chest might feel tight and your heart beats fast.



Even when you love someone, they can still hurt you, and that is not okay. People who hurt others again and again do not love them.

What is neglect?



Neglect is when someone does not give you what you need to be okay.

These are some examples of neglect:



If you ask for help, they ignore you and leave you alone.



If you get hurt, they will not help you feel better.



If you need help getting clean, they do not help you.



If you feel sad and alone they will not try to make you feel better.



If you run out of food or water, they do not care and do not help you find something to eat or drink.

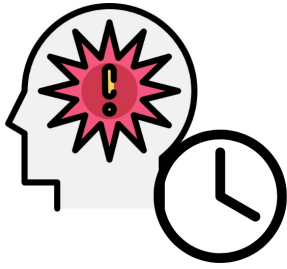


You talk to someone you love and look to for support and they ignore you. You might feel all alone and that no one cares about you.



Sometimes, people choose not to help you even though they have money or could fix the problem. This is neglect. Other times, people don't know what to do or don't have the money to fix the problem.

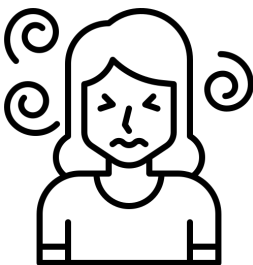
What is trauma?



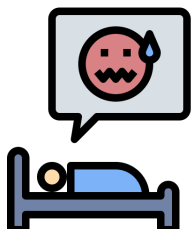
After the hurtful event happens, people can experience negative effects for a long time afterwards.



You might become more depressed, sad, and low-energy than normal.



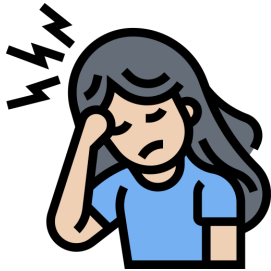
You might become more anxious, stressed, and nervous than usual.



You might have nightmares or trouble sleeping.



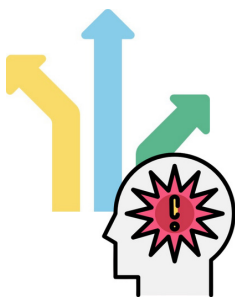
Your behavior might change, and you might get angry or upset easier.



You might feel sick, like having headaches or nausea.



Trauma means that after you experience something hurtful, you feel like you have changed and are stuck feeling hurt for a long time.



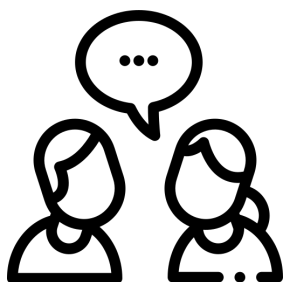
Trauma can be caused by a lot of different things. Trauma looks different for everyone.



People with disabilities are more likely to experience trauma.



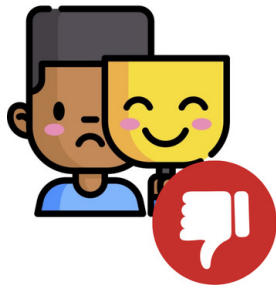
This is because people with disabilities are often treated unfairly.



It can be hard to open up about trauma.



Sometimes, trauma makes us forget things or feel scared to talk about it.



Holding trauma in can make us feel worse.



It can help to share your feelings with someone who you trust. You can talk, sign, draw, or use any way you communicate.



If you have experienced trauma, it is important to get help.



You can see a therapist who gives **trauma-informed care**. This means your therapist knows how trauma affects people and what kind of help is best.

Developed with support from the Administration on Community Living Grant #: 90DDTI0044-01-00; Illinois National Training Initiative to Support people with Intellectual and Developmental Disabilities with Co-Occurring Mental or Behavioral Disabilities.

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