



Video Transcript: Understanding Trauma & the Six Core Principles [CLIP]

Speaker 1:

Understanding trauma, adverse childhood experiences, also known as ACEs, and the six core principles of a trauma informed approach is essential to providing high quality adolescent health services. Many people experience trauma, including ACEs. Understanding the effects of trauma allows us to create safe and support environments for all. Recognizing trauma helps us to respond more compassionately and effectively to disclosures of traumatic experiences. Trauma refers to experiences that cause intense physical and psychological stress reactions. It can result from physical, psychological, or sexual abuse. Neglect, family violence, grief from the death of a loved one or other loss, a natural disaster, pandemic, or war or other emotional experiences. These events and circumstances may happen once or repeatedly over time. It is important to remember that trauma is also relative, meaning two people can experience the exact same event and that event may have a very different effect requiring a person-centered response.

Trauma can impact physical, mental, behavioral, social, and spiritual wellbeing. It affects young people's ability to learn as well as their understanding of healthy relationships and sexual behavior. Conventional ACEs include abuse, neglect, and household dysfunction. Expanded ACEs include experiencing racism, bullying, community violence, neighborhood safety, and living in foster care. All ACEs can contribute to trauma in the people you work with. You won't always know which people you interact with have a history of trauma. By incorporating a trauma informed approach into all the services you provide, you can create a safe, supportive, healing environment for all youth, parents, and caregivers, community partners, and staff.