

Phoenix Psychology have produced a **series of trauma leaflets**, providing useful hyperlinks to videos and websites that give useful explanations to **understand**, **validate** and **normalise** the experiences of trauma within children, young people and professionals.

Below provides a brief explanation as to **what** each of the leaflets provides information about, **who** they may be most relevant to and **when** they may be most appropriate to be offered.

Acute Trauma Leaflet

What?

- An A4, double sided leaflet that explains what trauma is, what may constitute an acute trauma, how trauma can affect a child or young person's brain and body, symptoms someone affected by trauma may experience and ways to manage trauma both individually and from services.

Who?

- Aimed at children and young people who have experienced, whether this is directly (as the victim) or indirectly (witnessed) a traumatic event i.e. serious assault or death of a peer.

When?

- After a child or young person has disclosed that they have experienced an event considered traumatic (even if they do not label it as that), they could be offered the leaflet to read in their own time, it could be used as a frame of reference within future discussions to check-in with how they are feeling / coping after the trauma.

Trauma Leaflet – Parents & Professionals

What?

- A three page leaflet that explains what trauma is, types of traumas, how trauma can affect a child or young person's brain and body, symptoms someone affected by trauma may experience and ways that parents and professionals can support children and young people who are coping with trauma.

Who?

- Aimed at parents and professionals of children and young people who have experienced, whether this is directly (as the victim) or indirectly (witnessed) a traumatic event i.e. serious assault or death of a peer.

When?

- It is suggested good practice for all professionals to be mindful of the contents of the leaflet to develop insight into signs and symptoms of trauma. Parents to be offered the leaflet after a child or young person has disclosed experiencing/witnessing an event considered traumatic to help them understand what to expect at home and how to support them.

Trauma Leaflet - Professionals

What?

- A three page leaflet that explains what trauma is, types of traumas, how trauma can affect a person's brain and body, symptoms someone affected by trauma may experience and ways to manage trauma individually and within teams.

Who?

- Aimed at professionals who themselves have experienced trauma whether this is directly (as the victim) or indirectly (witnessed) a traumatic event i.e. serious assault or death of a pupil.

When?

- It is suggested good practice for all professionals to be mindful of the contents of the leaflet to develop insight into signs and symptoms of trauma. Particularly, following an incident, or disclosure of a trauma this leaflet could be offered as part of a support package to help understand, validate and normalise trauma.