

A Trauma Is Like No Other Experience

FOR ADOLESCENTS



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Alex, age 15, said, "Sometimes during class, I can still see my friend lying there in his hospital bed." His friend died a few weeks after being severely burned in a house fire.

Mary, age 15, one year later still remembers all the details of how her older sister was murdered.

James, age 16, talks about the nightmares he has about his mother, who won't stop doing drugs.

Anne, age 17, said this about her friend who killed himself, "Why? I don't understand. He was the best kid in class. He had everything going for him."

Lisa, age 17 said, "Sometimes, when I'm doing fun things, all of a sudden everything that happened that day just flashes in my mind like it's happening all over."



You May Be Experiencing Posttraumatic Reactions If

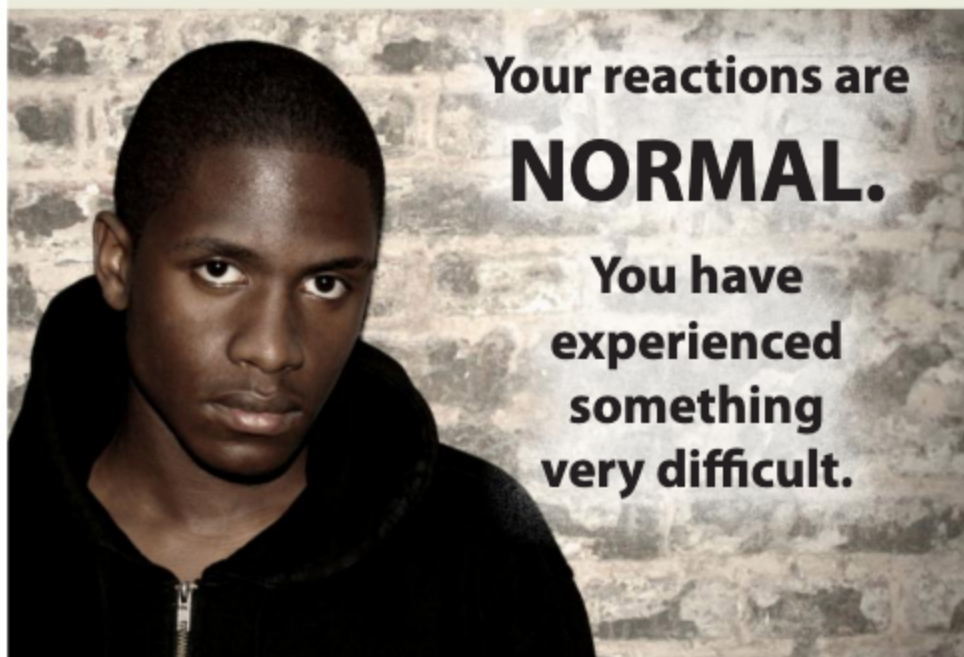
- You are a surviving victim
- You witnessed a trauma
- The victim was your friend or relative
- You go to the same school as the victim
- You have friends in common with the victim

**House fires, car accidents, divorce,
suicide, critical injury or illness,
can ALL be traumatic.**

**Rape, physical or sexual abuse,
living in a substance abusing home,
domestic violence or homelessness
can also be traumatic. Plane crashes,
flood, hurricanes or earthquakes can
leave you with trauma reactions.**

Trauma Reactions Are Not Like Any Other Experiences

- Your reactions may seem strange and abnormal.
- Your reactions may cause you to think there is something wrong with you.
- Your reactions may cause you to behave in ways you never have before.
- Your reactions may cause you to get in arguments or fights.
- Your reactions may cause you to have trouble making or keeping friends.
- Your reactions may make you feel physically ill.
- Your reactions may make you feel ashamed or like a bad person.



Reactions Other Teens Have Told Us About



Leslie, age 18, saw her brother hit by a car. She said, "I was afraid to touch him, because I thought if I did he would die."

Reggie, age 15, said he kept having bad dreams months after his friend was "beat up bad." He said that in his dreams, "I keep trying to help him, but I can't – I can't get to him."



Kevin, age 13, says, "Sometimes when my younger sister screams it reminds me of everyone screaming on the beach when my friend drowned two years ago. It's like it's happening all over again. I even feel the panic in my stomach."

Do You Ever Say to Yourself...

- ☐ It was my fault.
- ☐ Maybe if I hadn't said what I did.
- ☐ Maybe if I hadn't done what I did.
- ☐ Maybe if I had said or done something differently.

Do you feel ashamed and keep thinking...

- ☐ I couldn't move.
- ☐ I couldn't do anything.
- ☐ I was scared.
- ☐ I panicked.
- ☐ I got sick.
- ☐ I wet myself.

These are all normal reactions.

