

## Understanding trauma

Children are faced with many adverse events during childhood.

Build your understanding of why some events result in trauma.

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as harmful or threatening and has lasting adverse effects on the individual's physical, social, emotional, or spiritual wellbeing (Liberty, 2017).

It is important to recognise that most children recover well from traumatic experiences if they have access to:

- safe, inclusive environments
- responsive relationships that support understanding and problem solving around difficult times.

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