



Focus On...

Trauma Awareness

What is meant by Trauma?

Trauma affects us ALL - whether it's something we have experienced ourselves in the past or currently experiencing. We may know someone who has been affected by trauma themselves, this may be an adult or a child. For some, they will progress in life without any long-term negative impact however for others this is not always the case and they may need support.

Trauma can have negative long-lasting effects on physical and mental health, and social outcomes. There is a link to an increased risk of: disrupted nervous and immune development, emotional and learning problems, engaging in health harming behaviour and violence, experiencing illness like cancer, or heart disease. A trauma informed approach focuses on what has happened to the person rather than what is wrong with them. Lancashire is wanting to become a trauma informed county, and they want organisations to adopt trauma informed practices to their work and interactions.

Potentially traumatic experiences

Racism • Bullying • Natural Disaster •
Death • Chronic Stress • Poverty •
Abandonment • Community Trauma
• Family member in prison •
Substance Misuse • Terrorism •
Domestic Violence • War •
Sexual/Physical Abuse • Witnessing
violence

Ultimately, whether something is traumatic depends on how it makes an individual feel. There is no exact definition of the type of events that are traumatic.

[Trauma and Mental Health |
Guide For Parents | YoungMinds](#)

The transformation to Trauma Informed Lancashire

- Becoming trauma aware
- Becoming trauma sensitive
- Becoming trauma responsive
- Becoming trauma informed

[L&D 7MBs - Children's Safeguarding
Assurance Partnership
\(safeguardingpartnership.org.uk\)](#)

7 minutes briefings on trauma available to
download

[Home - Trauma Informed Lancashire](#)
further information including the
educational toolkit and upcoming
training workshops