

YOU DON'T ALWAYS SEE WHAT SOMEONE IS CARRYING.

Swipe to see what some
girls might be carrying
with them back to school.



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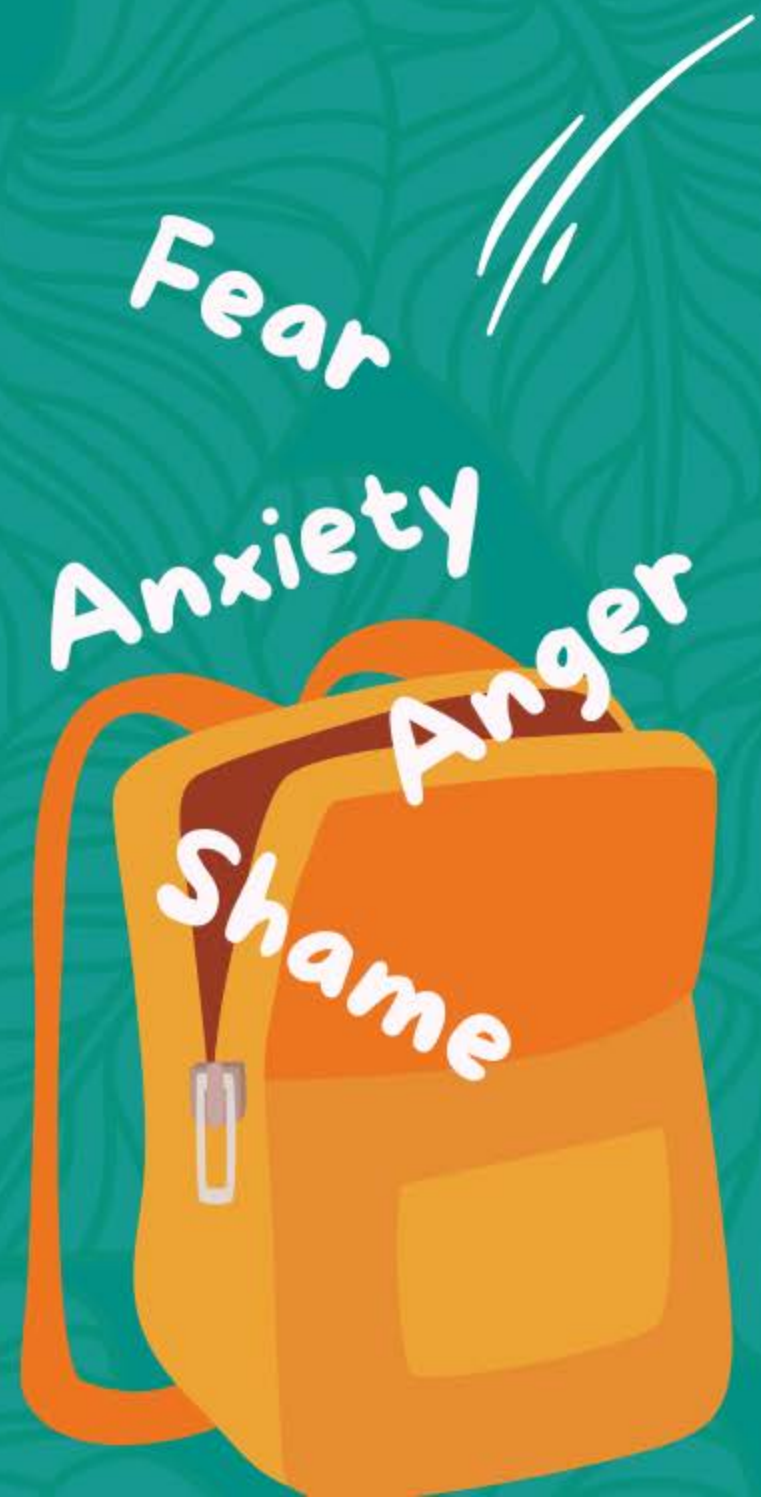
Kealahou Services
A CAMHD PROGRAM

WHAT IS TRAUMA

Trauma is an emotional response to a physically, emotionally harmful, or life-threatening event.

Some common causes of trauma in girls include:

- Physical and emotional abuse
- Sexual violence
- Bullying and harassment
- Neglect
- Family instability
- Accidents and natural disasters



WHAT TRAUMA MIGHT LOOK LIKE

Trauma affects girls differently. What causes trauma in one girl might not cause it in another. That is completely okay, and it's also normal.

Some common responses to trauma:



THOUGHTS & FEELINGS

- Persistent sadness or low mood
- Feeling anxious or fear
- Numbness or hopelessness
- Constant mood swings
- Flashbacks
- Thoughts of self-harm or suicide



PHYSICAL SIGNS

- Unexplained headaches or stomach pain
- Difficulty sleeping
- Recurring nightmares
- Constant fatigue or tiredness
- Easily startled



BEHAVIORAL SIGNS

- Social withdrawal & daily struggles
- Avoidance of trauma reminders
- Increased risk-taking or substance use
- Verbal and physical aggression

TRAUMA-INFORMED CARE

The effects of trauma can be extremely challenging to manage, but healing is possible, especially with a trauma-informed care approach.

A trauma-informed care approach for adolescents prioritizes safety, trustworthiness, empowerment, and collaboration.

CORE PRINCIPLES OF TRAUMA-INFORMED CARE

1. Safety
2. Trustworthiness and Transparency
3. Collaboration and Mutuality
4. Empowerment, Voice, Choice
5. Cultural, Historical, and Gender Responsiveness



LEARN MORE

This school year, let's lead with care.
Let's kōkua our girls to feel safe
enough to show up as their
full selves.

For more information and resources,
visit Kealahou Services at:
health.hawaii.gov/kealahou

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