

I'm Wondering...



What is trauma?

You might be wondering what “trauma means and why adults are using those words about your life.

Trauma is what can happen inside a person when something feels really scary, overwhelming, or unsafe.

It can happen when:

- Someone is hurt
- Something frightening happens
- There are big changes
- There isn't enough safety or support

Trauma is not the event itself.

It is how the body and brain respond to it.

Here's one way to think about it:

Your brain's job is to keep you safe.

When something scary happens, your brain switches into survival mode.

It might:

- Make your heart race
- Make it hard to think
- Make you want to run, hide, yell, or freeze
- Stay on “high alert” even when things are calmer

This is your brain trying to protect you.

Some things trauma can affect

Trauma can affect:

- How safe you feel
- How you trust people
- How big your feelings feel
- How well you sleep
- Your concentration and play
- Behaviour and regulation

Different children respond in different ways.

How some children might feel?

- Confusing
- Overwhelming
- Embarrassing
- Exhausting
- Like you're “too much”
- Different at different times
- All of these feelings are allowed.

For adults supporting this child

- Avoid using trauma as an identity label.
- Separate behaviour from survival responses.
- Focus on safety and connection before explanation.

This is about understanding and compassion, not pathology

If you want to...

- If you want to understand how trauma affects you, you can ask.
- If you want help with big feelings, you can ask for support.
- If you don't want to talk about hard things yet, that's okay.
- Healing does not have a deadline.

One thing to remember:

Trauma is something that happened to you — it is not who you are.

Your reactions make sense.

You are not broken.

You are not in trouble for wondering about this.