

# WHAT IS TRAUMA?

MHVL I2 LBVNMV3

There are three main types of Trauma:

- ⇒ **Acute** trauma results from a single incident
- ⇒ **Chronic** trauma is repeated and prolonged such as domestic violence or abuse.
- ⇒ **Complex** trauma s exposure to varied and multiple traumatic events



Learn more...

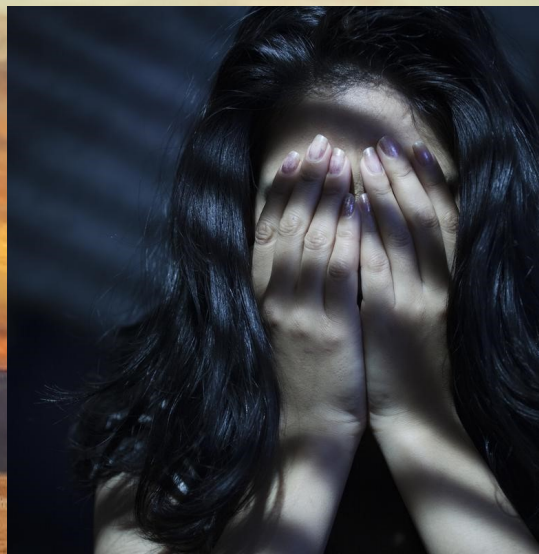
## TRAUMA PASSED DOWN FOR GENERATIONS?

Did you know trauma can hurt you, even if you didn't experience it? Children whose parents have had traumas in their lives can be affected "inter-generationally". Chronic trauma not only alters behaviour but can also change your genes. In Indigenous communities today, some are suffering from intergenerational trauma effects.

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### 12 MAIN KINDS OF TRAUMA

- BULLYING
- COMMUNITY VIOLENCE
- COMPLEX TRAUMA
- DISASTERS
- EARLY CHILDHOOD TRAUMA
- INTIMATE PARTNER
- MEDICAL TRAUMA
- PHYSICAL ABUSE
- REFUGEE TRAUMA
- SEXUAL ABUSE
- TERRORISM AND VIOLENCE
- TRAUMATIC GRIEF



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