**Test Your Trauma Knowledge**

**Name Date**

**True or False - Circle one**

1. Children can exhibit a wide range of reactions to trauma. T F
2. A therapist or teacher can experience the same post traumatic

stress symptoms as the child. T F

1. More Adverse Childhood Experiences (ACEs) result in a

higher risk of medical, mental and social problems in adulthood. T F

1. It is impossible to heal from childhood trauma. T F
2. Traumatic stress impacts a developing child’s brain. T F
3. The majority of challenging behaviors of students are not willful

acts but dysregulated responses to the fears, worries, anxieties

and challenges they have or are experiencing. T F

1. 60% of adults report experiencing abuse or other difficult

family circumstances during childhood. T F

1. 1 out of every 10 children in America say they have experienced

a physical assault during the past year. T F

1. 10% of children in the U.S. will witness or experience a traumatic

event before they turn four. T F

1. Self-regulation refers to the energy expanded when we

respond to stress and then recover. T F

1. Young children exposed to five or more significant

adverse experiences in the first three years of childhood

face a 76% likelihood of having one or more delays in their

language, emotional or brain development. T F

1. People who have experienced trauma are 5 times more

likely to commit suicide. T F

1. Symptoms of trauma can often mask as ADHD. T F
2. Increased somatic complaints (e.g.; headaches,

stomachaches, aches and pains) is a symptom of a child

suffering from trauma. T F

1. About 25% of child victims and witnesses of violence develop

PTSD, depression or anxiety disorders. T F

1. Not all children exposed to traumatic events develop

a traumatic stress reaction. T F

1. 70% of teens in substance abuse treatment suffered

some sort of trauma during childhood. T F

1. Children who experience trauma are 4X more likely

to become an alcoholic. T F

1. **Children develop PTSD immediately after the**

**traumatic event that triggered it. T F**

1. Research shows that the older children are when T F

they experience trauma, the more vulnerable they

are to its effects on brain development.