



MODULE 5

Common Reactions to Crisis and Trauma

Individual reactions to crisis events and trauma vary. Here are some examples of behavior changes and functional difficulties that are typically observed across developmental ages after a crisis event or trauma.



Childhood



Early Adolescence



Late Adolescence

- Changes in language, social, or emotional functioning
- Excessive attachment or dependency on caregivers
- Hyperactivity
- Repetitive play, behaviors, speech
- Frequent headaches or stomach aches
- Trouble with social cues, change in social skills
- Impulsive behavior
- Irritability
- Sleep difficulties
- Seems on high alert
- Hyporeactive
- Attention difficulties
- Decrease in academic motivation
- Attendance problems
- Trouble concentrating
- Withdrawn or avoids others
- Seems disconnected mentally and emotionally
- Risky behavior
- Higher risk of substance use or abuse
- More trouble with authority, taking directives

References

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National Child Traumatic Stress Network Schools Committee. (2008). *Child trauma toolkit for educators*. National Center for Child Traumatic Stress. https://www.nctsn.org/sites/default/files/resources//child_trauma_toolkit_educators.pdf



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