



Helpful Information for Parents and Students following a Traumatic Event

Traumatic events are situations that are sudden or unexpected, involve a shocking nature of events, and produce feelings of horror, terror, or helplessness¹. Some examples of traumatic events may include:

- Physical, sexual or emotional abuse
- Neglect
- Witnessing or being the direct victim of interpersonal violence
- Witnessing or being the direct victim of community violence
- Severe motor vehicle and other accidents
- Medical trauma including severe injury or life threatening illness
- Natural and human-made disasters
- Sudden death of a loved one or peer
- Exposure to war, terrorism or refugee conditions²

Research has shown that adolescents who encounter a traumatic event may experience social, emotional and even academic consequences as a result. Adolescents experiencing a traumatic event may be more prone to engage in risky behaviors, less likely to make realistic evaluations of danger and safety, and may experience symptoms of Post-Traumatic Stress Disorder (PTSD)². Children and youth may demonstrate one or many of the following post trauma responses:

- Anxiety and/or Anger
- Suicidal Thoughts or Feelings
- Depression
- Substance Abuse
- Fear
- Frequent mood changes
- Truancy
- Fighting
- Impaired concentration and problem solving abilities
- Withdrawal from relationships
- Difficulty communicating
- Poor school performance

Safe2Tell Colorado Can Help

Safe2Tell Colorado is here to help young people who are struggling, connecting them to a team of adults who can intervene and prevent possible tragedies. Safe2Tell Colorado serves as the state-wide anonymous bystander reporting resource for safety concerns. The Safe2Tell Colorado solution was developed specifically to encourage those with information about a possible event or dangerous situation to report it in a way that keeps the reporter safe from retaliation or fear.

If you witness a child or youth who has experienced a traumatic event and is engaging in risky or harmful behavior, you can make an anonymous Safe2Tell Colorado report. Each Safe2Tell report is sent to a team of caring, committed adults alerting them of the situation. Safe2Tell Colorado reports create interventions for youth and children who are struggling and provides the accountability and follow-up required to ensure action is taken on every concern received.

**safe tell
Colorado**

1-877-542-7233
safe2tellco.org



If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional.



Sources:

¹ Cohen, Mannarino, and Deblinger, Treating Trauma and Traumatic Grief in Children and Adolescents, The Guilford Press, 2006

² National Child Traumatic Stress Network: Understanding Traumatic Street in Adolescents: A Primer for Substance Abuse Professionals, June 2008

Additional Resources:

- *Suicide Prevention Resource Center: sprc.org*
- *Rocky Mountain Crisis Partners: metrocrisiservices.org*
- *Colorado Coalition Against Sexual Assault: ccasa.org*
- *U.S. Department of Education Tips for Helping Students Recovering from Traumatic Events: <http://bit.ly/2uzINVg>*
- *SAMSHA Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event: <http://bit.ly/2uzRy1j>*