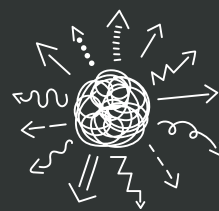


TYPES OF CHILDHOOD TRAUMA

The Wounds We Cannot See



EMOTIONAL ABUSE

Frequent criticism, rejection, or ignoring a child's needs. Over time, this can damage confidence and self-worth.

PHYSICAL ABUSE

When an adult deliberately hurts a child, such as hitting, kicking, or pushing. It can cause both physical injury and emotional distress.

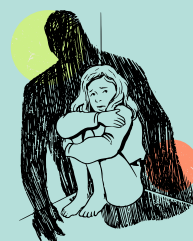


SEXUAL ABUSE

Any sexual contact or behaviour forced, pressured, or tricked upon a child by an adult or older person.

DOMESTIC VIOLENCE

When a child sees or hears violence between adults at home. This can cause fear, worry, and a sense of being unsafe.



NATURAL DISASTERS

Experiencing events like floods, earthquakes, fires, or storms, which may cause loss, damage, or harm.

REFUGEE WAR | RELATED TRAUMA

Living through war, persecution, or violence, or having to flee home for safety, often losing community and stability.

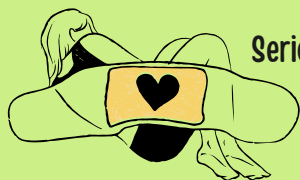


BULLYING

Repeated hurtful words, threats, or physical harm from one person or group, often involving a power imbalance.

LOSS AND BEREAVEMENT

The death of someone important to the child, such as a parent, sibling, or close friend, leading to grief and sadness.



MEDICAL TRAUMA

Serious illness, injury, or major medical treatment affecting the child or someone close to them, which can cause fear and stress.

COMPLEX TRAUMA

A pattern of unkind or hurtful treatment, such as constant criticism, rejection, or ignoring the child's needs. Over time, this can harm self-esteem and confidence.



TERRORISM | MASS VIOLENCE

Being directly affected by a terrorist attack or large-scale violent event where many people are harmed.

EARLY CHILDHOOD TRAUMA

Facing several types of trauma over a long time, with deep and lasting effects.



SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.FEELINGSHELPBOX.COM



About this Resource

Childhood trauma can have a deep and lasting impact on a child's emotional, mental, and physical well-being. This resource has been created to help parents, carers, teachers, and professionals recognise the different types of childhood trauma and understand how they may affect a child's behaviour, feelings, and development.

In these pages, you will find clear explanations of common forms of trauma, including physical abuse, emotional abuse, sexual abuse, bullying, domestic violence, bereavement, medical trauma, natural disasters, war and refugee experiences, terrorism, and complex trauma. By learning about these experiences, you can better identify when a child may need help and take steps to provide the right kind of support.

This guide uses simple, clear language so it can be shared with adults and young people alike. It is suitable for use in schools, counselling sessions, foster care, social work, and parenting. Each section offers straightforward definitions and examples, making it easy to explain difficult topics in an age-appropriate way.

Our aim is to increase awareness, reduce stigma, and promote healing by encouraging early recognition and compassionate support for children who have faced trauma. By understanding what they have been through, we can help children feel safe, valued, and hopeful about their future.

For more free resources, tools, and printable worksheets to support children's mental health and emotional well-being, visit wwwFeelingsHelpBox.com.