

TRAUMA STATISTICS & TYPES OF TRAUMA

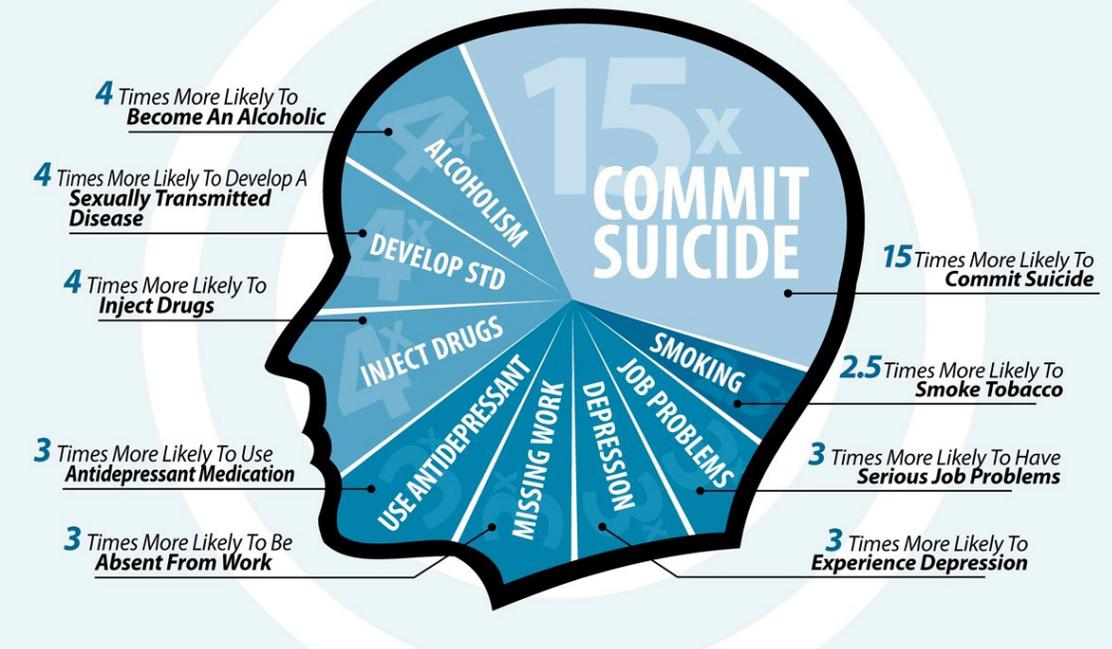


The Reality: Adverse Childhood Experiences are Common

- **26%** of children in the United States will witness or experience a traumatic event before they turn **four**. (1)
- Four of every 10 children in America say they experienced a **physical assault** during the past year. (2)
- 1 in 5 children witnessed **violence in their family** or their neighborhood during the previous year. (2)
- More than **60%** of youth age 17 have been exposed to crime, violence and abuse either directly or indirectly. More than 10% report **5+** exposures. (4)
- Among 536 elementary and middle school children surveyed in an inner-city community, **30%** had **witnessed a stabbing** and **26%** had **witnessed a shooting**. (5)
- 2% of all children experienced sexual assault or sexual abuse during the past year, with the rate at nearly 11% for girls aged 14 to 17. (2)
- Nearly 14% of children repeatedly experienced maltreatment by a caregiver, including nearly 4% who experienced physical abuse. (2)
- In one year, 39% of children between the ages of 12 and 17 reported witnessing violence, **17%** reported being a victim of physical assault and 8% reported being the victim of sexual assault. (3)
- More than 13% of children reported being physically bullied, while more than 1 in 3 said they had been emotionally bullied. (2)

Young children exposed to five or more significant Adverse Childhood 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.

PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



Types of Experiences Leading to Trauma

The National Child Traumatic Stress Network lists the following types of traumas that affect children and teens.

- Abuse
 - Physical
 - Emotional
 - Sexual
- Neglect
 - Physical
 - Emotional
- Household Dysfunction
 - Divorce
 - Incarcerated Relative
 - Chronically Mentally Ill Family Member
 - Domestic Violence
 - Substance Using Family Member
- Environmental
 - Bullying
 - Community Violence

- Complex Trauma*
- Medical Trauma
- Natural Disasters
- Refugee Trauma
- School Violence
- Terrorism

For some student-athletes, trauma can be induced from within:

- Quest for perfectionism
- Anxiety over transition to higher level sports
- Feeling isolated from “normal” student lifestyle/activities
- Time pressures
- Career-ending transitions (injury or graduation)

Or be the result of self-evaluation

- Perceived pressure (from parents, coaches, teammates, press, fans or academics)
- Rumination over mistakes

Coaching Factors that create trauma or add to stress

Coaches should also be acutely aware that their coaching behavior, their interpersonal style and/or communication techniques may also induce trauma in their athletes or may re-traumatize athletes. Coaches may be physically abusive (pushing, shoving, kicking athletes); sexually abusive (touching inappropriately or sexualized talk); neglectful (withholding hydration, ignoring athlete injury); and emotionally abusive. **Emotional abuse is an under-recognized but common form of abuse in the sporting arena which is often “legitimized” in the name of motivation.** The reality is that emotional abuse is never motivational and it is understood to have a significant negative effect on athletes’ well-being and is correlated with a plethora of long-term sequelae, including depression, maladaptive eating behavior, anxiety, and social withdrawal (Stirling & Kerr, 2007, 2008, 2014). Play Like a Champion coaches should understand that these coaching practices are never acceptable and should coach in a caring, positive environment.

* The term *complex trauma* describes the problem of children’s exposure to multiple or prolonged traumatic events and the impact of this exposure on their development. Typically, complex trauma exposure involves the simultaneous or sequential occurrence of child maltreatment—including psychological maltreatment, neglect, physical and sexual abuse, and domestic violence—that is chronic, begins in early childhood, and occurs within the primary caregiving system. Exposure to these initial traumatic experiences—and the resulting emotional dysregulation and the loss of safety, direction, and the ability to detect or respond to danger cues—often sets off a chain of events leading to subsequent or repeated trauma exposure in adolescence and adulthood.

References

- (1) National Center for Mental Health Promotion and Youth Violence Prevention, "Childhood Trauma and Its Effect on Healthy Development," July 2012 (http://sshs.promoteprevent.org/sites/default/files/trauma_brief_in_final.pdf)
- (2) JAMA Pediatrics, May 2013 (<http://www.unh.edu/ccrc/pdf/05-13%20PED%20childhood%20exposure%20to%20violence.pdf>)
- (2) Kilpatrick DG, Saunders BE. (1997). "Prevalence and Consequences of Child Victimization: Results from the National Survey of Adolescents." National Crime Victims Research and Treatment Center, Medical University of South Carolina
- (3) Finkelhor, David; Turner, Heather; Ormrod, Richard; Hamby, Sherry; Kracke, Kristen (October 2009). "Children's Exposure to Violence, a Comprehensive National Survey." Office of Justice Programs Juvenile Justice Bulletin. (<https://www.ncjrs.gov/pdffiles1/ojjdp/227744.pdf>)
- (4) Bell, C.C. & Jenkins E.J. (1993). "Community Violence and Children on Chicago's Southside." *Psychiatry*, 56 (1): 46-54.
- (5) "Building Resilience in Children and Youth Dealing with Trauma," Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services (http://www.samhsa.gov/children/trauma_resilience.asp)