

# Questions about Trauma Cards – Littles, Middles, and Bigs Groups

Moving Homes

**How do youth feel when they can't live with their parents?**

Confused, sad, worried, angry, lonely

Loss of a Loved One

**What are some reasons that a youth may not be able to live with a parent?**

Parents may be separated or divorced, a parent may have trouble taking good care of their child's needs, a parent may have died

Loss of a Loved One

**How do people feel when a loved one dies?**

May feel sad that they won't see their loved one again; May feel lonely; May feel mad that their loved one died; May be confused about why their loved one died; May feel worried about the health or safety of other loved ones

Emotional and Physical Abuse

**What are some ways that an adult might hurt a youth using their words or actions?**

Calling the youth hurtful names; Hitting or slapping; Using hurtful punishments or consequences

Sexual Abuse

**How many youth experience sexual abuse before age 18?**

1 in 4 or 5 girls  
1 in 6 or 7 boys

Sexual Abuse

**True or False: Youth are usually abuse by strangers.**

False: Youth are most often abused by someone they know, like a relative or family member.

Sexual Abuse

**Do most youth immediately tell an adult after being abused?**

No. Most youth don't tell right away after abuse happens. There are lots of reasons for this, like: Fear that they or the other person may get in trouble; Worry that no one will believe it happened; The other person may have threatened that something bad might happen if the youth tells. It's a brave thing for a youth to tell at all!

Neglect

**What are some ways a parent may not take care of their child's needs?**

Not giving their child enough food; Having an unsafe home; Not taking care of their child's medical needs; Not making sure their child gets an education; Not providing their child with love

### Family Fighting

**True or False: Family fighting (domestic violence) is something that happens in lots of families.**

True. Up to 1 in 9 youth live in a family where domestic violence happens.

### Family Member Drug or Alcohol Abuse

**How might a youth feel if their parent is abusing alcohol or drugs?**

Worried about their parent's health; Sad that their parent isn't the same as they used to be before they started abusing drugs or alcohol; Confused about what is happening to their parent; Angry that their parent isn't caring for them as well as they were before starting to use drugs and alcohol.

### Bullying

**What are some ways someone might be bullied?**

Hurtful teasing; Name calling; Physically threatening or hurting; Peer pressuring the youth to do something they don't want to do

### Bullying

**What is Cyber Bullying? How many youth experience cyberbullying?**

Cyberbullying is bullying that takes place online.

Around 1 in 7 youth experience cyberbullying.

## Questions about Trauma Cards – Combined Group

### Moving Homes

When family members live apart, they may miss talking to and seeing each other.

What are 3 ways family members who live apart can still feel close to each other when they can't see or talk to each other?

### Other: Weather

After someone has gone through a tornado, reminders of that day can feel scary and make the person worry that another tornado will happen.

Name 3 things that might remind someone of a tornado.

What can a family do to feel safer and more prepared for future bad weather?

### Abuse

It can be tough for youth to talk in counseling about having been physically, emotionally, or sexually abused.

Caregivers, can you share how proud you are of youth in this group for talking in counseling about difficult trauma memories?

### Family Member Drug or Alcohol Abuse

Alcohol and drug abuse affects many families. 1 in how many families have a family member who has struggled with alcohol or drugs?

1 in 5; Treatment can help family members recover from drug or alcohol abuse!

### Neglect

After youth have gone through times when they didn't have enough food or other things they needed, they may still sometimes worry if it will happen again.

How could a caregiver help their child feel safer when they have these worries?

### Family Fighting

When a youth has experienced family fighting (or domestic violence), their body alarm system may go off when they're reminded of these memories.

Name 3 examples of things that could remind a youth of family fighting.

How could a youth let their caregiver or a trusted adult know when their body alarm system is going off inside? How could that adult help?

### Loss of a Loved One

When a loved one dies, family members can feel especially sad around the loved one's birthday or on special holidays.

What are 3 ways families can remember their loved one in a good way during these special times?