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While reading this essay I would say what I'm most proud of is being able to get my message across. Stating my opinion throughout the essay, and using relevant resources and connecting them to the point I was trying to make.

I chose the topic of childhood trauma because society doesn't really talk about childhood trauma. And a lot of kids are being mistreated, abused, neglected and no one knows about it. Not even half of childhood trauma cases are reported to the police. Those kids have to go through all of that by themselves without receiving the help they need, and time goes on and no one notices what they went through, and they don't find the help they need to recover from it. So I just wanted to tell others some effects childhood trauma has on kids' futures.

What I learned in researching my topic was how childhood trauma impacts kids' brain function, how they interact with others, how it impacts mental health, and behavior. I also learned about the type of attachments, and the different types of trauma.

The ones who should read my essay should be educators, police officers, basically anyone in society for them to know the impact of childhood trauma, and if someone sees any signs to report it, or help the person. Also the abusers should read this to realize the impact of their actions to the kids.

“If it takes a village to raise a child, it takes a village to abuse one.” Children who have experienced trauma lose their carefree childhoods, struggle to control their emotions and behavior, struggle academically and professionally, struggle in relationships, and eventually pass away too soon from illnesses brought on by a lifetime of toxic stress. Nothing can bring about the permanent issues brought on by trauma and maltreatment of children. This research will analyze the effects of childhood trauma. Adverse severe childhood events are frequently used to define childhood trauma. Psychologically traumatic situations for children can include neglect, abandonment, sexual, emotional, and physical abuse, witnessing the abuse of a parent or sibling, or having a parent who has a mental illness. Childhood traumas or traumas, in general, are a global problem. While this topic has been studied, I aim to investigate how childhood trauma affects kid’s futures. Children are influenced by everything around them and are particularly susceptible to influence; childhood trauma can lead to many problems for the victims. This essay will examine how childhood trauma affects kids’ mental health, social interaction, and behavior.

Kids who have experienced any type of childhood trauma feel many emotions and don’t know how to deal with them. Someone who has experienced any traumatic experience can affect their mental health. The author, Cheyenne Downey, is a Research Assistant at the School of Public Health; her fundamental interests are in childhood trauma, children's schooling experiences/pedagogy, and children's well-being. Aoife Crummy is a Postdoctoral Researcher. Their article “The Impact of Childhood Trauma on Children’s Well-being and Adult Behavior” addresses the topic of childhood trauma and analyzes whether survivors of childhood trauma are linked to coping strategies like self-isolation, drug and alcohol abuse, and denial. They support this claim by doing a recorded semi-structured interview. Downey and Crummy appear to write in hopes that childhood trauma survivors or people around them know how Early

interventions, along with adequate and tailored treatment strategies, can reduce trauma symptoms. To raise awareness of childhood trauma survivors to get the help they need on time. Because of the author's formal and analytical tone, it seems as if they write for an experienced and uninformed audience. According to this article, "Childhood trauma has been linked to the development of anxiety and depression in later life (Hovens et al.,2010), and a history of abuse may be more identifiable by adulthood as emotional and behavioral patterns have evolved by this period." Kids who have experienced any type of childhood trauma feel many emotions and don't know how to deal with them, and it can affect their mental health. They go through a traumatic experience that they don't know when it's going to stop or what will happen, which causes anxiety and stress, which might lead to depression. The United States Children's Bureau is a federal agency organized under the United States Department of Health and Human Services Administration for Children and Families. Today, the bureau's operations involve improving child abuse prevention, foster care, and adoption; they wrote the article "Supporting Brain Development in Traumatized Children and Youth" to address the topic of how childhood trauma affects brain development. They support these claims by analyzing the effects of childhood trauma on brain development. The United States Children's Bureau's purpose is to inform others what they can do to promote healthy brain development for childhood trauma survivors to reduce the impact of brain damage on childhood trauma survivors. Because of the author's formal and analytical tone, it seems as if they write for an expert and uninformed audience. The article states, "For children and youth who experience child abuse or neglect and associated trauma, brain development may be interrupted, leading to functional impairments. Ongoing maltreatment can alter a child's brain development and affect mental, emotional, and behavioral health into adulthood." These sources talk about how childhood trauma impacts someone's mental health and brain development, which gives an insight into the impact childhood trauma survivors have to go through because of experiencing childhood trauma. Childhood trauma impacts brain development because experiencing any

type of childhood trauma alters the brain, which makes the brain adapt to surviving danger. Also, it affects their mental health because they go through a traumatic experience and go through a lot of stress. They have a hard time managing their emotions, which leads to anger, depression, and anxiety. Children who have experienced any type of childhood trauma might have experienced insecure avoidant (when parents may be dismissive of child's need and emotions, when parents lash out in frustration) which can be perceived as neglect. Also they most likely had experienced disorganized attachment (where one or both parents are abusive, they are profoundly neglectful, they may be mentally ill and/or addicted to substances. The kid lives in constant state of alarm, they misinterpret social cues, are prone to meltdown) which can be perceived as living in a chaotic household in which the kid feels that they are not safe, it gives them a lot of stress which leads to them having anxiety, and depression, and even makes them feel bad about themselves. Just like childhood trauma impacts mental health, it also impacts how childhood survivors interact with others.

Survivors of childhood abuse can develop negative attachment patterns that decrease their capacity to relate with others in healthy ways because they feel that everyone will hurt them just like their abuser(s) did. The National Child Traumatic Stress Network (NCTSN) is an American organization whose mission is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the U.S. Wrote the article "Early Childhood Trauma-Effects." address the topic of the effect of childhood trauma and argues that childhood trauma negatively impacts how survivors interact. NCTSN supports this claim by explaining how childhood trauma survivors have trouble developing healthy attachments and relationships. NCTSN appears to write in the hope that people will understand certain behaviors of childhood trauma survivors for others to help them cope and get treated for what they went through. Because of the author's compassionate and formal tone, it seems as if they write for an expert or to someone who knows or went through childhood trauma. According

to the article, “Children who experience complex trauma may develop coping mechanisms that help them survive in unsafe environments, but these adaptations can hinder their ability to form healthy relationships and navigate the world.” Childhood trauma survivors are around toxic people, people who neglect them and even harm them. They learn that the world is a terrible place. So, they develop a coping mechanism that helps them survive that experience, which makes them unable to create healthy relationships because they are always on alert. They think everyone will cause them harm. Kay Ayre is a lecturer in Early Childhood Studies at Edith Cowan University, Western Australia. Govind Krishnamoorthy is a clinical psychologist and lecturer in the School of Psychology and Counseling at the University of Southern Queensland, Australia. The book “Trauma-Informed Behavior Support: A Practical Guide to Developing Resilient Learners.” Addresses the topic of trauma and argues its impact on young children’s brains, behavior, learning, and development. They support this claim by stating contemporary theories of developmental trauma and evidence-based practices of positive behavior support. Ayre and Krishnamoorthy aim to help teachers understand trauma and how it affects young children’s brains, behavior, learning, and development when engaging with elementary school-aged students. To provide useful tactics and resources to establish strength-based learning environments that facilitate children’s healing, resilience, and education. Because of the author’s understanding, compassionate, formal, and analytical tone, it seems they are writing for an expert, academic, and uninformed audience. It states in the book stated above, “Children or youth with toxic stress may find it more challenging to navigate social situations and adapt to changing social contexts. They may perceive threats in safe situations more frequently, react accordingly, and have more difficulty interacting with others.” Survivors of childhood abuse can develop negative attachment patterns that decrease their capacity to relate with others in healthy ways because they feel that everyone will hurt them just like their abuser did. Children who have experienced childhood trauma often lack the ability to regulate their emotions, including fear and anxiety, which causes them to become hypervigilant. They may also be

extremely sensitive to nonverbal cues, such as eye contact, handshakes, and arm touches, and may misinterpret them, which leads to them interpret this as a threat, and to not feel safe around others. These sources explain the impact childhood trauma has on survivors' interaction abilities. Someone who has experienced any type of childhood trauma has a hard time interacting with others because what they went through led them to have mental health disorders that compromise emotional and behavioral stability, which can lead to additional challenges to engaging in healthy interpersonal relationships. Children who experience emotional abuse also create a fear-based environment at home, which leads to antisocial conduct and prevents them from forming friendships, or healthy friendships. Just like childhood trauma impacts social interaction, it also impacts behavior.

Childhood Trauma victims go through traumatic experiences; they experience different emotions, and they don't know how to solve them, which affects their behavior. They might act violent, paranoid, avoidant, etc. They become other people because of what they are/were going through. Psychology Matters Asia is a web portal designed to provide useful information to mental health professionals. They wrote the article "Six Ways Developmental Trauma Shapes Adult Identity." That addresses the topic of how developmental trauma impacts identity formation. They support this claim by highlighting six key ways that earlier traumatic experiences shape identity. Psychology Matters Asia aims to teach others developmental trauma leads people to miss parts of themselves, lose childhood, find it hard to integrate emotions into their identities, avoid relationships, attract destructive relationships, and avoid themselves. To help individuals recognize areas of difficulty and take steps toward recovery. Because of the author's compassionate and formal tone, it seems as if they write for an expert or to someone who knows or went through childhood trauma. The article states, "People who were traumatized by their key caregivers may end up being emotionally unavailable,

abusive or narcissistic, or trying to rescue and fix people they date.” Kids who have experienced childhood trauma can impact their behavior and personality because what they went through has affected how they see things; they might act violent and paranoid, and they might isolate themselves. They were around chaotic environments, which contributed to their behavior and personality. The National Institutes of Health (NIH) is one of the world’s foremost medical research centers. They wrote the article “Trauma-Informed Care in Behavioral Health Services.” That addresses the impacts of childhood trauma by stating the Different impacts it has on someone. NIH aims to teach others the significance of the impact trauma has on someone for society to take action against trauma and for those to seek help. Because of the author’s compassionate and formal tone, it seems as if they write for an expert or to someone who knows or went through childhood trauma. The article states, “Some trauma survivors have difficulty regulating emotions such as anger, anxiety, sadness, and shame—this is more so when the trauma occurred at a young age.” All these emotions, mostly negative, affect how they react to some situations and how they become a person. In an attempt to regain emotional control, traumatized persons may turn to drug abuse as a coping mechanism for the overwhelming range of feelings they are experiencing. However, this approach ultimately worsens emotional dysregulation. People may turn to risky or self-destructive behaviors, disordered eating, compulsive hobbies like gambling or overworking, and the repression or denial of their feelings as a means of controlling their emotions; on the other hand, some people find creative, healthy, and efficient ways to cope with the intense emotions caused by trauma. Both of these sources talk about how childhood trauma impacts someone’s behavior, and the common thing stated in both articles is how people who suffer any kind of trauma become emotionally unavailable because they think that those around them will hurt them. They only see the bad in people. They can even become abusive people, they can develop anxiety, and become aggressive people, all because trauma makes you more vulnerable.

Parenting and the environment have a huge and significant impact on several aspects of how a child develops and behaves as an adult, and what happens during childhood life is a major factor in determining what will occur for the remainder of a person's life. Childhood trauma causes a significant mark on survivors, and it's not fair that kids who need to be protected, who are just beginning their lives, who should enjoy life, who just want to be safe and loved have to go through so much suffering. What happens to kids either bad or good, follows them all of their life, and it can lead to them becoming the person they are going to become in the future. Parents/family/society should really know the importance of kids having a safe, and loving environment in their life. Experiencing childhood trauma affects their mental health, behavior, and how they interact with others, however those who have experienced any type of trauma can receive help from a mental health professional to recover from what they went through.



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