

Trauma Videos:

1. 7 ways Childhood Trauma Follow You Into Adulthood (4:28 minutes)

<https://www.youtube.com/watch?v=N2oUfg7qNG0>

Childhood abuse can have far reaching effects. From insecurities to intimacy issues, from not daring to trust people to difficulties making friends, the effects of childhood abuse can show in any area of your life.

2. Through Our Eyes: Children, Violence, and Trauma-Introduction (7:53 minutes)

<https://www.youtube.com/watch?v=z8vZxDA2KPM>

This video discusses how violence and trauma affect children, including the serious and long-lasting consequences for their physical and mental health; signs that a child may be exposed to violence or trauma; and the staggering cost of child maltreatment to families, communities, and the Nation. Victims lend their voices to this video to provide first-hand accounts of how their exposure to violence as children affected them.

3. Giving Traumatized Kids a Head Start in Healing (6:49 minutes)

<https://www.youtube.com/watch?v=bFJHbCMV7kc>

Every year, thousands of children in the U.S. are expelled from school before they reach Kindergarten. Special correspondent Molly Knight Raskin reports on a program in Kansas City, Missouri, that's trying to stem the trend by looking beyond the classroom to the issues these children face at home -- and helping them to feel safe.

4. Children, Violence, and Trauma-Interventions in Schools (7:49 minutes)

<https://www.youtube.com/watch?v=49GzqPP7YYk>

Exposure to violence can impede a child's ability to learn and thrive in school. Teachers, coaches, and other school staff and volunteers can play a critical role in recognizing and reporting signs of violence and trauma in a child's life. This video identifies some types of violence that children may experience at school or on their way to or from school, and highlights preventative measures that some schools are taking to protect their students.

5. How Childhood Trauma Can Make You A Sick Adult (7:15 minutes)

<https://www.youtube.com/watch?v=y3cCAcGeG8E>

Big Think and the Mental Health Channel are proud to launch Big Thinkers on Mental Health, a new series dedicated to open discussion of anxiety, depression, and the many other psychological disorders that affect millions worldwide. The Adverse Childhood Study found that survivors of childhood trauma are up to 5000% more likely to attempt suicide, have eating disorders or become IV drug users. Dr. Vincent Felitti, the study's founder, details this remarkable and powerful connection.

6. Part 4: Post-Traumatic Stress Disorder – The Lingering Trauma of Child Abuse (6:37 minutes)

<https://www.youtube.com/watch?v=7a96k3YOwXw>

In this intimate conversation, Rita Ciolek, Writer/Director of Growing Strong and Jacqueline N. Mendez, M.A. discuss how post-traumatic stress disorder (PTSD) affects abused children.

7. UT educational psychology expert discusses youth suicide

<https://www.youtube.com/watch?v=9wpSkNZP-pc&feature=youtu.be>