

# What Does It Mean to be a Trauma-Informed Camp?

Based on Concepts Used by Trauma-Informed Schools

## What does "Trauma-Informed" mean?

It's understanding the prevalence of trauma, its impact upon an individual, and acting in a manner that's supportive to those who have experienced trauma.

## How prevalent is trauma among kids?

- ❖ 26% of children in the U.S. will witness or experience a traumatic event before they turn four.
- ❖ **Four of every 10** U.S. children say they experienced a physical assault during the past year; **one in 10** received an assault-related injury.
- ❖ **1 in 5** children witness violence in their family or the neighborhood during the previous year.
- ❖ **Nearly 14%** of children repeatedly experienced maltreatment by a caregiver, including nearly 4% who experienced physical abuse.
- ❖ **1 in 4** children was the victim of robbery, vandalism or theft during the previous year.
- ❖ **More than 13%** of children reported being physically bullied while **more than 1 in 3** said they had been emotionally bullied.
- ❖ **60%** of adults report experiencing abuse or other difficult family circumstances during childhood.

Selections from [www.recognizetrauma.org/statistics.php](http://www.recognizetrauma.org/statistics.php)

## What are the characteristics of a trauma-informed camp?

