



TRAUMATIC STRESS
INSTITUTE

Community Announcements

- ❖ **RC Webinar:** *"Give me your tired, your poor, your huddled masses yearning to breathe free."* *Immigrant Experiences of Trauma*. November 13th, 3-4:30 ET
- ❖ **RC Webinar:** *The Ripple Effect: 25 Years of Risking Connection*, December 2nd, 1-5 pm EST, Keynote by Noel Casiano, Rooted in Connection: Fostering Resilience Amid Uncertainty
- ❖ **Monthly RC Mindfulness:** first Wednesday of every month, 12:00-12:30 EST, see Trainer's Corner (registration on events page and Trainers' Corner)
- ❖ **Get your RC Badges** – for RC Trainers, Champions, and Organizations






 ©2024 Klingberg Comprehensive Family Services, Inc.
 



TRAUMATIC STRESS
INSTITUTE

"And How Are the Children?"

Wounds of Racial Trauma on Youth and Our Role as Treaters


 ©2024 Klingberg Comprehensive Family Services, Inc.
 



TRAUMATIC STRESS
INSTITUTE

"And how are the children?"

Traditional Massai greeting: "Kasserian Ingera,"

Community's well-being is measured by the health and safety of its children

Expected response: "All the children are well."


 ©2024 Klingberg Comprehensive Family Services, Inc.
 



Objectives

- Describe how racism operates as trauma in the lives of youth of color.
- Identify the impacts of racism on white youth.
- Apply trauma-informed principles to promote healing and resilience.
- Commit to one actionable shift in practice with youth.



©2024 Klingberg Comprehensive Family Services, Inc.





Framing Racism as Trauma

Racism is not just discrimination — it is trauma.

Chronic stress response: fight, flight, freeze, fawn.



©2024 Klingberg Comprehensive Family Services, Inc.





Framing Racism as Trauma (cont.)

Historical and intergenerational transmission of trauma.

Epigenetics: trauma leaves biological and behavioral imprints.



©2024 Klingberg Comprehensive Family Services, Inc.





Impact on Youth of Color — Emotional

Anxiety, depression, hypervigilance.

Feelings of worthlessness or invisibility.

Vacant esteem (Dr. Joy Degruy)
(Post Traumatic Slave Syndrome)



©2024 Klingberg Comprehensive Family Services, Inc.





Impact on Youth of Color — Behavioral

Withdrawal or isolation.

Dissociation

Aggression and risk-taking.



©2024 Klingberg Comprehensive Family Services, Inc.





Impact on Youth of Color — Academic

Disengagement and underperformance.

Stereotype threat undermining performance.



©2024 Klingberg Comprehensive Family Services, Inc.





TRAUMATIC STRESS
INSTITUTE

Impact on Youth of Color — Physical

Elevated cortisol levels.

Sleep disturbances and health disparities.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Voices of Youth of Color

"I feel like I always have to prove myself."

"Teachers expect less of me."

"I'm afraid of being stopped by the police."



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Doll Experiment Video

Reenacting the famous Clark Doll Test, a psychological experiment from the 1940s conducted by Kenneth and Mamie Clark. Their research demonstrated the psychological impact of segregation on African-American children and was used as evidence in the Brown v. Board of Education Supreme Court case in 1954.



To view with closed captioning: <https://www.youtube.com/watch?v=PZyE2bqwdk>



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Impact on White Youth — Internalized Superiority

Sense of entitlement.

Difficulty forming authentic cross-racial relationships.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
CENTERS



TRAUMATIC STRESS
INSTITUTE

Impact on White Youth — Emotional

Feelings of guilt, shame, or fragility.

Anxiety when race is discussed.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
CENTERS



TRAUMATIC STRESS
INSTITUTE

Impact on White Youth — Behavioral

Silence, denial, or avoidance.

Bystander paralysis in the face of injustice.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
CENTERS

 **TRAUMATIC STRESS
INSTITUTE**

**The Race –
Kids Learning
about Racism**

Credit: 2020 British
documentary series *The School
That Tried to End Racism*,
produced by Channel 4



To view with closed captioning: <https://www.youtube.com/watch?v=113wJ7pJlJg>

 **TRAUMATIC STRESS
INSTITUTE** ©2024 Klingberg Comprehensive Family Services, Inc. 

 **TRAUMATIC STRESS
INSTITUTE**

Discussion Prompt

How have you seen racism impact white youth in your context?

What are examples of questioning, resistance, or allyship among white youth?

 **TRAUMATIC STRESS
INSTITUTE** ©2024 Klingberg Comprehensive Family Services, Inc. 

 **TRAUMATIC STRESS
INSTITUTE**

Trauma-Informed Principles (1)

Safety — physical, emotional, cultural.

Trustworthiness & transparency.

 **TRAUMATIC STRESS
INSTITUTE** ©2024 Klingberg Comprehensive Family Services, Inc. 



TRAUMATIC STRESS
INSTITUTE

Trauma-Informed Principles (2)

Peer support & community.

Empowerment, voice, and choice.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

Trauma-Informed Principles (3)

Cultural humility and responsiveness.

Ongoing commitment to equity.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

Strategies for Youth of Color (1)

Affirm identity and cultural pride.

Create safe and supportive environments.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES



TRAUMATIC STRESS
 INSTITUTE

Strategies for Youth of Color (2)

Center resilience and family/community wisdom.

Provide opportunities for leadership and voice.



TRAUMATIC STRESS
 INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
 FAMILY
 SERVICES



TRAUMATIC STRESS
 INSTITUTE

Strategies for White Youth (1)

Foster critical consciousness and media literacy.

Encourage reflection on privilege without shame.



TRAUMATIC STRESS
 INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
 FAMILY
 SERVICES



TRAUMATIC STRESS
 INSTITUTE

Strategies for White Youth (2)

Support development of anti-racist identities.

Create opportunities for authentic cross-racial solidarity.



TRAUMATIC STRESS
 INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
 FAMILY
 SERVICES



TRAUMATIC STRESS
INSTITUTE

Case Scenario Activity (1)

Scenario: A Black student disciplined more harshly than white peers.

Discuss: What's the trauma-informed response?



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Case Scenario Activity (2)

Scenario: A white student expresses guilt and disengages.

Discuss: What's the trauma-informed response?



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Commitment to Action

What's one shift you can make in your work with youth of color?

What's one shift you can make in your work with white youth?

Write this on Workbook Page 5.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Closing Reflections (1)

Healing racism's wounds is collective work.

Youth look to adults for safety, justice, and hope.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Closing Reflections (2)

Our role: to bear witness, intervene, and empower.

Final prompt: How will you answer, 'And how are the children?'



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

“And how are the children?”



Credit: Wesley Williams, II,
NORC/University of Chicago;
Westat, Rockville, MD

To view with closed captioning: https://www.youtube.com/watch?v=dg_thw6UJww



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
 INSTITUTE

Doll Experiment

<https://www.youtube.com/watch?v=PZryE2bqwdk>

The Race – Kids Learning about Racism

<https://www.youtube.com/watch?v=1I3wJ7pJUjg>

“And how are the children?”

https://www.youtube.com/watch?v=dg_tlw0Uww



TRAUMATIC STRESS
 INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
 COMPREHENSIVE
 FAMILY SERVICES
