

# Impacts

## Blue Knot Foundation fact sheet about trauma and its impacts

### 1 Impacts

- Trauma can affect us in lots of ways.
- Different people are affected in different ways.

### 2 Childhood trauma

- Trauma in childhood often causes harm. This is because when a child is young, the brain is growing.
- Trauma in childhood can affect the way a child develops.
- Trauma in childhood can affect the way a child connects with people.
- It is important for children to connect well to the adults who look after them.
- When this does not happen, it can stop the child connecting to other people. This can continue when the child becomes an adult.

### 3 Complex trauma

- Complex trauma usually happens between people. It can happen a lot to one person. Examples are abuse, neglect and violence.
- Childhood trauma can happen a lot to one person. When it happens a lot it causes complex trauma.
- Complex trauma can also happen when an adult has a lot of trauma.
- Complex trauma usually stops us from feeling safe.
- Complex trauma often makes it hard for us to trust people. It can also make us trust too easily.

- Trauma can stop us feeling good about ourselves. It can also stop us knowing who we are.
- Trauma can cause strong feelings. Examples are being sad or angry or scared.
- Sometimes trauma makes us do things without thinking.
- Many people blame themselves for their trauma. They also blame themselves for how the trauma has affected them.
- A lot of people blame a person for their trauma. This is wrong.
- A child is never to blame for abuse. Violence is never a child's fault.
- Many people who have had a lot of trauma feel shame. This can stop us asking for help.
- Many people who have had trauma do not tell anyone about it. This can be because they do not think that anyone will believe them.
- Trauma can make it hard for us to connect with people. Many of us find it hard to make friends.
- Many of us find it hard to have safe relationships. We can be isolated and feel lonely.
- We can feel sad and jumpy.
- Some of us feel confused and upset. Some of us feel numb.
- We can have different feelings at different times.
- Trauma can hurt our physical health too.
- When children experience trauma, they try to survive. This can mean that can not learn and explore.
- Some of us do not do well at school. Some of us can not find a good job.
- Trauma can stop us thinking clearly. It can also make our memory bad.
- Trauma can make us not like change. It can make us want to control things more.



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If you or someone you support lives with disability and experiences of violence, abuse, neglect or exploitation OR is affected by the Disability Royal Commission, you can call the **National Counselling and Referral Service on 1800 421 458** between 9am and 6pm AEST Monday to Friday and between 9am and 5pm AEST Saturdays, Sundays and public holidays.

If you or someone you support has experiences of childhood trauma or is considering the National Redress Scheme, you can call the **Blue Knot Helpline and Redress Support Service on 1300 657 380** between 9am and 5pm Monday to Sunday AEST.