

Blue Knot Foundation

Information about childhood trauma and complex trauma

Easy Read fact sheet



How to use this fact sheet



Blue Knot Foundation wrote this fact sheet.
When you see the word 'we', it means
Blue Knot Foundation.



We wrote this fact sheet in an easy to read way.
We use pictures to explain some ideas.

Normal
Bold

We have written some words in **bold**.
This means the letters are thicker and darker.



We explain what these words mean.
There is a list of these words on page 16.



This Easy Read fact sheet is a summary of another
fact sheet. This means it only includes the most
important ideas.



You can find the other fact sheet on our website at
www.blueknot.org.au



You can ask for help to read this fact sheet. A friend, family member or support person may be able to help you.

Support for you



In this fact sheet, we talk about things that might upset some people.



If you get upset and need support, we have services you can contact.



We offer free counselling support to people with disability and trauma.

Counselling support is when you:



- talk to someone about how you feel
- talk about ways to help you feel better.



You can contact us by phone.

1800 421 468



We are open every day.

We are open between 9am and 5pm AEST between Monday and Friday.



We are open between 9am and 5pm on Saturday and Sunday.



You can also contact us by webchat.

www.blueknot.org.au/TrainingServices/Counselling-and-Referral-Service



You can contact us by email

ncrscounsellors@blueknot.org.au

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What is trauma?

Trauma is something bad that happens
to you that can make you feel:



- sad



- scared



- stressed



- worried.

Trauma can affect:



- how you think



- how you feel

- your



body.

Trauma can happen:



- once
- more than once.



Everyone deals with trauma in different ways.

What is childhood trauma?



Childhood trauma is when something bad happens to you as a child.

You can experience childhood trauma:



- once



- more than once



- over a long period of time.



Childhood trauma also happens when your parents or carers don't care for you the way they are supposed to.



We call this **neglect**.

What is complex trauma?



Complex trauma is when people experience trauma:

- from other people
- for a long time
- lots of times.



Sexual abuse is a type of complex trauma.

Sexual abuse is when someone makes you do sexual things you:

- do not want to do
- are too young to do.



Emotional abuse is a type of complex trauma.



Emotional abuse is when someone:

- says mean things to you
- calls you names
- puts you down
- ignores you
- stops you from seeing your friends or family.



Violence is a type of complex trauma.

you



Violence is when someone hurts physically.

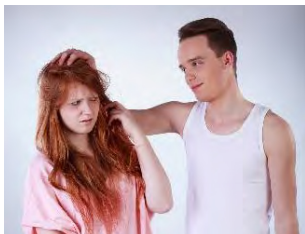


Neglect is a type of complex trauma.



Domestic and family violence is a type of complex trauma.

Domestic and family violence is when you are hurt by someone close to you, such as:



- your boyfriend or girlfriend



- your husband or wife



- a member of your family

take



- someone who is supposed to care of you



- someone who lives with you.

Trauma experienced by First Nations peoples



First Nations peoples have experienced lots of trauma.



First Nations peoples are also known as Aboriginal and Torres Strait Islander peoples.

First Nations peoples have experienced trauma
because of:



- **colonisation** – when another country takes over other people's land



- the **Stolen Generations**.

The Stolen Generations were First Nations children who were taken from their families.

This trauma affected:



- First Nations families



- the connection that First Nations peoples felt to their land.

People who experience high levels of trauma



There are groups in our community who often experience lots of trauma.

This includes:



- women



- children



- **refugees** – people who are forced to leave their country so they can stay safe



- people with disability.



It also includes people who are **LGBTQIA+**.



The letters LGBTQIA stand for lesbian, gay, bisexual, transgender, queer or questioning, intersex and asexual.

Word list

This list explains what the **bold** words in this fact sheet mean.



Childhood trauma

Childhood trauma is when something bad happens to you as a child.



Colonisation

Colonisation is when a country takes land away from other people.



Complex trauma

Complex trauma is when people experience trauma:

- from other people • for a long time
- lots of times.

Counselling support

Counselling support is when you:



- talk to someone about how you feel
- talk about ways to help you feel better.



Domestic and family violence

Domestic and family violence is when you are hurt by someone close to you, such as:

- your boyfriend or girlfriend
- your husband or wife
- a member of your family • someone who takes care of you
- someone who lives with you.



Emotional abuse

Emotional abuse is when someone:

- puts you down
- says mean things to you
- calls you names
- ignores you
- stops you from seeing your friends or family.



First Nations peoples

First Nations peoples are also known as Aboriginal and Torres Strait Islander peoples.



LGBTQIA+ community

The letters LGBTQIA stand for lesbian, gay, bisexual, transgender, queer or questioning, intersex and asexual.



Neglect

When your parents or carers don't care for you the way they are supposed to.



Refugees

Refugees are people who forced to leave their country so they can stay safe.



Stolen Generations

The Stolen Generations were First Nations children who were forced to leave their families.



Violence

Violence is when someone hurts you physically.

Sexual abuse



Sexual abuse is when someone makes you do sexual things you:

- do not want to do
- are too young to do.



Trauma

Trauma is something bad that happens to you that can make you feel:

- sad
- scared • stressed
- worried.

Contact us



You can call the National Counselling and Referral Service (Disability).

1800 421 468



You can also send an email to
ncrscounsellors@blueknot.org.au



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