

## TRAUMA IN ADOLESCENCE

*The mind of an adolescence changes a lot more than an adults mind would when trauma happens.*

## WHAT DOES TRAUMA DO TO THE BRAIN?

*During traumatic events the brain goes through many changes.*

**WE DON'T UNDERSTAND  
EITHER**

# Trauma

*The topic we are going to be discussing is trauma. We will be discussing the effects of trauma, the causes of trauma, and tips for adults on how to deal with trauma in adolescence.*

*Trauma is when a person has a distressing or disturbing experience that could have happened recently or in the past.*

*For example, causes of trauma could be when a soldier experiences a war. Another example for what can cause trauma is abuse whether it be sexual or physical it can still cause trauma especially to an adolescence.*

## Schools of Psychology

*There are many schools of psychologies but the question is, is there any school of psychology that relates to trauma? Behaviorism is a discipline in psychology that suggests that all human and animal behavior is conditioned through interaction with the environment. For example, if a student was being bullied his/her behavior would change because of the environment of the school. The environment of a school can heavily affect the mindset of a student. If they were getting bullied, chances of them becoming a bully themselves are high. Their mindset has changed and this is one of the many possible acts of trauma.*

# *Brain Biology*

*Trauma can shut down normal brain functions and change the brain. Trauma at adolescence is a higher threat to mental health than for adults. If an adolescent experiences trauma the brain develops coping mechanisms or behaviors to survive. Eventually those coping mechanisms or behaviors change the brain. The parts that control anxiety grow while the parts that control logic shrink.*

## *Experiments*

There was an experiment done on some students there at Stanford University. Students were selected randomly, and they were randomly assigned to be either a guard or prisoner. Psychologist Philip Zimbardo conducted this experiment, where he randomly assigned those roles to the students. After 6 days he noticed that the prisoners started to feel anxiety and distress. And this experiment had to be cut short because the guards started to abuse their power and began mistreating the prisoners.

# *The different minds*

We did an experiment ourselves where we interviewed multiple students, and each of them were given the same questions. I asked them the 4 basic questions: Have you ever been traumatized by an event? How has trauma affected you? Would you say that trauma has helped or hurt your growth? And What advice would you give to others going through traumatizing events right now? Student one stated: That they haven't ever been traumatized. Trauma never affected their growth. And their advice was "try not to let trauma hurt you as much as it hurts others". Student 2 stated: That they have been through traumatic experiences. Trauma has affected them by providing mental issues, and they stated that they find it very hard to trust people. They stated it affects their growth by helping them see how they could not go through that, but they also stated that they were stuck for a long time. Their advice is to "be sure about the people you keep around". From these 2 different viewpoints, we can conclude that trauma can affect some, but not all people.

## *Ways to help*

*Trauma that happens during adolescence changes the adolescent and can make things difficult. Adults may not know how to help. A few things adults can do to help is staying calm and being patient with them, try to talk to them and support them. Try to get them involved in the community or with close people to them if they are willing to. Have them create a daily routine to help take care of themselves. Trauma in adolescence can be very difficult to deal with not only for the adolescent but also for the adults or people around them who aren't sure what to do.*