

My Notes:

Traumatic events during early childhood can fundamentally change a person's brain.

Trauma changes the stress response system in the brain. This leads to toxic stress levels, hypersensitivity, and an inability to self-regulate.

Teachers who understand the effects of trauma can help their students.

Children subconsciously communicate their stress through behaviors:

- Lying
- Apathy
- Cheating
- Anger
- Anxiety
- Body pains
- Aggression
- Depression

