



HELPING YOUTH RESPOND TO TRAUMA

RECOGNIZE

the signs and
symptoms of
trauma

REALIZE

that trauma has a
wide-spread impact
on the lives of
young people

RESPOND

by integrating
knowledge about
trauma into
your daily life

RESIST

causing further harm
(re-traumatization)

4 R's: KEY ELEMENTS of a Trauma-Informed Approach

LOCKHEED MARTIN 