

TRAUMA 101

One in four women suffer from the effects of trauma. As women, there are many indicators of trauma. Here, we give you 10 signs to recognize trauma in your life.

The most common trauma for women is sexual assault or child sexual abuse. One in three women will experience a sexual assault.

Through our work we have discovered how trauma, both present and historical, can have disturbing effects on the health and welfare of woman and girls. Did you know: women who are battered suffer from trauma have more physical ailments, mental health issues, and are less likely to practice safe sex?

We encourage you to learn more about Post Traumatic Stress Disorder, a condition commonly linked to trauma. Read more about **Sister Circles**, Sisterhood Agenda's trauma-informed gatherings for support.

Recognizing trauma is the key to healing and recovery to live a life full of endless possibilities. Ten signs to recognize trauma:

1. Understand that trauma is unique to each person.
2. Trauma comes in many forms and sometimes they overlap.
3. Look at your relationships.
4. Trauma affects our health.
5. Trauma affects eating behavior.
6. Traumatized women and girls often suffer from Post Traumatic Stress Disorder (PTSD).
7. Substance abuse is a widespread response to trauma.
8. Are you addicted?
9. Are you depressed?
10. Are you having trouble getting better?