

Curriculum Unit Title

The Test of Time: Traumatic Stress

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KEY LEARNING, ENDURING UNDERSTANDING, ETC.

Students will engage in a multi-day unit that focuses on integrating traumatic stress into a current unit on Human Development. Students will explore how trauma can affect the development, thoughts, and behaviors of many different individuals, at various points in their lifetime. In addition students will analyze how trauma impacts human cognitive, moral, psycho-social, and physical growth and development over time through character analysis and timelines.

ESSENTIAL QUESTION(S) for the UNIT

How can we identify and discover traumatic experiences through literature?
How does trauma influence human thought, behavior, and growth over time?
How can we explore human development with a trauma-informed lens?

CONCEPT A

Trauma in Human Development

CONCEPT B

Patterns and Impacts of Trauma

CONCEPT C

Becoming Trauma-Informed

ESSENTIAL QUESTIONS A

- How can trauma impact both our physical and mental health?
- How does trauma influence human development over time?

ESSENTIAL QUESTIONS B

- How is trauma an integral component to cognitive, moral, physical, and psycho-social development?
- In what ways does trauma present itself continually and/or intermittently over time?

ESSENTIAL QUESTIONS C

- How can we verbally and visually represent the impact of trauma over time?
- How can we be trauma-informed when analyzing the thoughts and behaviors of others?

VOCABULARY A

Acute, chronic, and traumatic stress
ACEs study and questionnaire
Trauma response

VOCABULARY B

Stages of and impacts of trauma on cognitive, moral, physical and psycho-social development

VOCABULARY C

Trauma-informed care

ADDITIONAL INFORMATION/MATERIAL/TEXT/FILM/RESOURCES

During the unit, students may benefit from additional and deeper knowledge about the Adverse Childhood Experiences study and questionnaire. The ACEs Connection website offers many different resources, including information specific to different states and counties. It would certainly be meaningful for students to analyze data related to their own counties and neighborhoods to add a deeper level of engagement, reality, and understanding.

Otherwise, this curriculum unit allows for plenty of student choice with the material and literature that students want to engage with. The children's book *Where The Wild Things Are* by Maurice Sendak would be a great model for trauma within the character's story line as well as the author's own personal experiences. There are many other children's books and teen novels that delve into the world of traumatic stress, all for our students to explore.