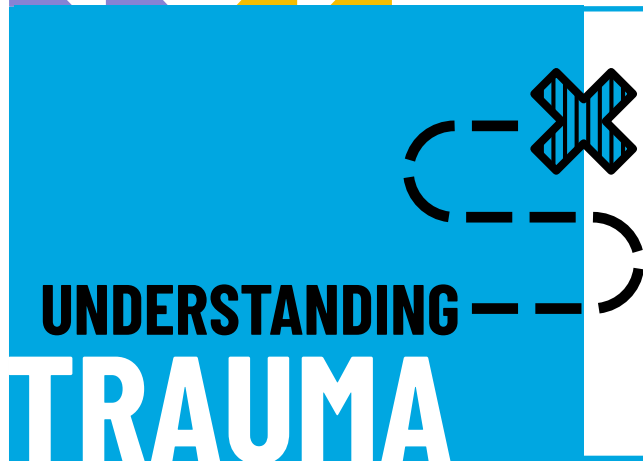
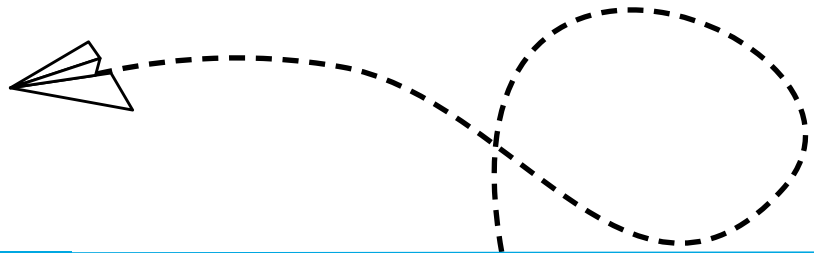
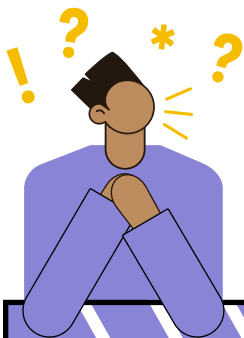


Seeking to understand the lived experience of children and young people from racialised groups and contemplating the impact of racial trauma is critical if practitioners are to be 'child first' and trauma-informed in their practice. They must balance risk management and safeguarding obligations in ensuring reports, assessments and interventions are delivered to meet the individual needs of the child with a safe and sensitive approach.



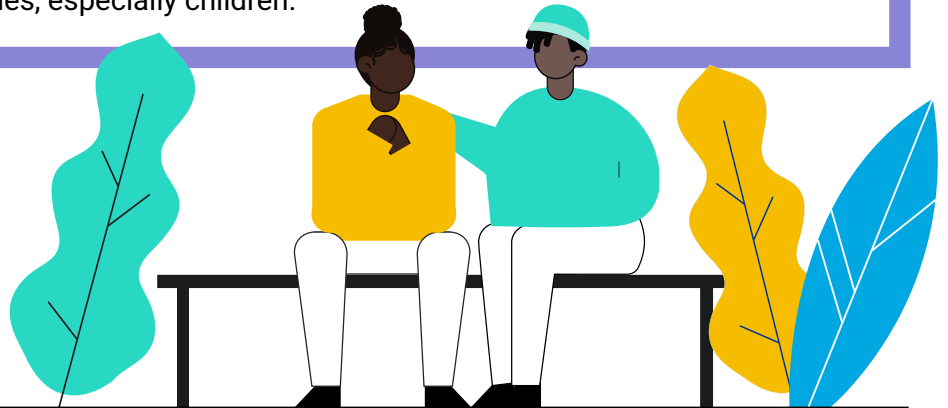
A deeper understanding of trauma - the emotional, psychological, and physiological residue left over from heightened levels of toxic stress that accompanies experiences of danger, violence, significant loss, and life-threatening events - has positively influenced the youth justice and social care sector in adopting trauma-informed practices into their assessment and approaches when working with vulnerable children and young people.



Racial trauma - also known as race based traumatic stress - includes the psychological, emotional, and physical culminative impacts of experiencing and witnessing racism. Experiences with racism, racial discrimination and microaggressions can impact on mental and physical health for individuals from racialised groups.

Racial trauma may manifest in different ways for different people, such as feelings of anxiety, depression, anger, despair, low racial esteem, internalised racism, identity conflicts, and for some people feeling suicidal.

In addition, historical trauma can lead to intergenerational trauma where transmission of the effects of an oppressive or traumatic historical event is passed down from one generation to the next. Intergenerational trauma caused by culminative historic racism is often exacerbated by direct or indirect present-day lived experiences of racism and social inequality which can have adverse impacts upon individuals, families and communities, especially children.



CPD Resources

- ☒ Sadness, shock, hopelessness **Video**
- ☒ The experiences of black and mixed heritage boys in the youth justice system: A thematic inspection by HM Inspectorate of Probation (October 2021)
- ☒ Cumulative Effect of Racial Discrimination on the Mental Health of Ethnic Minorities in the United Kingdom, (Wallace and Bécares, 2016)

USEFUL LINKS:

- ☒ [Rethink Mental Illness – Black, Asian & Minority Ethnic \(BAME\) Mental Health](#)
- ☒ [Mind's Young Black Men Programme](#)
- ☒ [100 Black Men of London](#)
- ☒ [Therapy for Black Girls](#)
- ☒ [NHS Every Mind Matters](#)
- ☒ [The Black, African and Asian Therapy Network \(BAATN\)](#)
- ☒ [British Asian Trust](#)

