

Trauma-Related Behaviors

Please fill in the box next to the best answer. (Fill in only one box per question)

1. Reactions to trauma include the following survival responses: (Choose one)
 - Flock, fight, flight, and freeze
 - Fight, flight, freeze, forgive and forget
 - Fright, fight, flight, forgive and forget
 - Fright, fight, flight, freeze, and forget

2. All of the following are generally true about experiences of trauma and trauma-related behavior, **EXCEPT**: (Choose one)
 - Adults and children alike can display trauma-related behavior.
 - Adults caring for children with experiences of trauma need to model keeping themselves calm.
 - When under stress, children who have experienced trauma should be expected to be calm and focused.
 - Consistent nurturing care will help children with histories of trauma feel safe.

3. All of the following are true about a child who has experienced trauma and loss, **EXCEPT**: (Choose one)
 - The child will need understanding and support to learn how not to react as if the past is the present.
 - Fear and threat change the way a child thinks, feels, and behaves.
 - Challenging behaviors are likely learned as adaptive strategies to cope.
 - Children respond best to strict discipline and punishment.

4. Which of the following is an example of dissociation in a child? (Choose one)
- Temper tantrums, meltdowns.
 - Tuning out, daydreaming.
 - Running away.
 - Getting into fights with peers.
5. Which of the following is an example of hyperarousal in a child? (Choose one)
- Staying away from others, isolating.
 - Tuning out, daydreaming.
 - Temper tantrums, meltdowns.
 - Being calm and content.
6. Which of the following is true about co-regulation? (Choose one)
- Co-regulation is only important for infants.
 - A parent can help a child calm down when the parent responds to the child in a calm and supportive way.
 - The best way to help a child through co-regulation is to demand that they stop misbehaving.
 - Co-regulation should only be used when a child is calm.