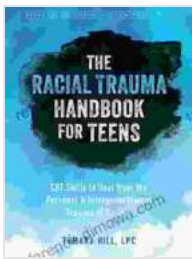


The Racial Trauma Handbook For Teens: A Comprehensive Guide to Healing and Resilience

In the face of systemic racism and racial violence, teens of color are disproportionately affected by racial trauma. This type of trauma can have severe and lasting consequences for their mental health, well-being, and academic success. The Racial Trauma Handbook for Teens is a groundbreaking resource that provides teens with the knowledge and tools they need to understand, overcome, and heal from racial trauma.



The Racial Trauma Handbook for Teens: CBT Skills to Heal from the Personal and Intergenerational Trauma of Racism (The Instant Help Social Justice Series)

by Danielle Paige

★★★★☆ 4.3 out of 5

Language : English

File size : 2638 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Print length : 97 pages



What is Racial Trauma?

Racial trauma is a type of psychological trauma that is caused by experiences of racism and discrimination. These experiences can range from subtle microaggressions to overt acts of violence. Racial trauma can have a profound impact on teens, leading to feelings of isolation, anger,

fear, and depression. It can also disrupt their sleep, eating, and concentration.

The Effects of Racial Trauma on Teens

Racial trauma can have a wide range of negative effects on teens, including:

- Increased anxiety and depression
- Difficulty sleeping and eating
- Problems concentrating and paying attention
- Increased risk of self-harm and suicide
- Physical health problems, such as headaches, stomachaches, and heart problems
- Social isolation and withdrawal
- Increased anger and hostility
- Difficulty trusting others
- Feelings of shame and guilt

The Racial Trauma Handbook for Teens

The Racial Trauma Handbook for Teens is an essential resource for teens who are experiencing racial trauma. The book provides a comprehensive overview of racial trauma, including its causes, symptoms, and effects. It also offers practical tools and strategies for healing and resilience.

The book is divided into three parts:

1. **Understanding Racial Trauma**
2. **Healing from Racial Trauma**
3. **Taking Action Against Racism**

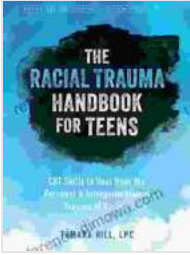
Part One provides teens with an in-depth understanding of racial trauma. They will learn about the different types of racial trauma, the causes of racial trauma, and the effects of racial trauma on their mental health and well-being.

Part Two provides teens with practical tools and strategies for healing from racial trauma. They will learn how to identify their triggers, manage their emotions, and develop coping mechanisms. They will also learn how to build resilience and self-esteem.

Part Three provides teens with the knowledge and skills they need to take action against racism. They will learn about the history of racism in the United States, the different forms of racism, and the ways to challenge racism. They will also learn how to be an ally to other teens of color.

The Racial Trauma Handbook for Teens is an essential resource for teens who are experiencing racial trauma. The book provides a comprehensive overview of racial trauma, including its causes, symptoms, and effects. It also offers practical tools and strategies for healing and resilience. With the help of this book, teens can overcome the effects of racial trauma and build a brighter future for themselves and their communities.

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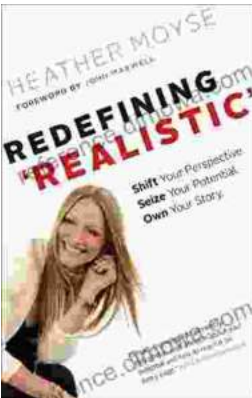
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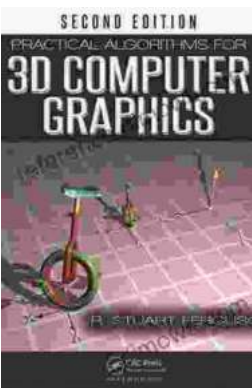
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