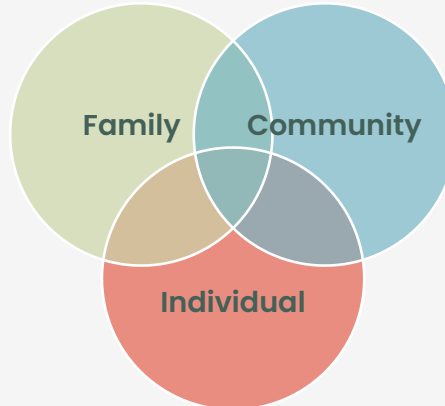


HISTORICAL TRAUMA FACT SHEET

Trauma can have an impact on different parts of someone's life and community



Historical Trauma is something that impacts a group of people.

Native American groups were impacted by historical trauma because of:

- **Colonization**
 - When White settlers came to America, they brought diseases, took land, and enforced laws that violated Native American culture
- **Boarding Schools**
 - Native American children were taken away from their homes and forced to live in boarding schools. They were not allowed to practice their traditions and the children were often abused in these schools.

Why does this matter?

- We still see the impacts of colonization and boarding schools in our communities and families today.

How?

- Families were not allowed to practice their traditions and had lost their identities. They were often shamed for being and looking Native.
- We parent how we are parented. When children were abused by the adult staff at the schools, they were more likely to act in similar ways when they become adults.
- Families became distrustful of systems because they hurt the people they loved and their traditions.

What can we do about it?

- By learning about how trauma is passed down, you are already doing it!
- Practice ceremony; attend pow wows. Pow wows incorporate dance, traditions, and a space for connection and healing.
- Celebrate my culture with others who are safe and supportive of my identity.
- Create a journey stick with my family to learn their stories.
- Practice grounding strategies; smudging, dancing, drumming.



Bigfoot and Schmidt, 2023, Honoring Children Mending the Circle Treatment