

# WORK OF ART

## PUBLIC STUDENT ANNOUNCEMENT

### *Trauma & Becoming Trauma Informed*

*In direct consultation with a mental health professional, and under the creative guidance of Inner-City Arts staff, our Work of Art student employees and alumni (called "Enterprisers") have been commissioned to create a catalog of Public Service Announcements (PSAs) across a range of mental health and wellness topics. Through both digital and print formats, student-employees design these PSA ads for the benefit of fellow young people and those who care about them—families and educators—to inspire hope, positivity, optimism, peace, and encouragement. The work is candid, joyful, informative, loving, earnest, animated, optimistic, outspoken, and offbeat in an artistic way. Above all, we lovingly call these "Public Student Announcements" because they are messages for young people created by young people.*

**Trauma** is the response to a deeply distressing or disturbing event. It overwhelms an individual's ability to cope, causes feelings of helplessness, and diminishes their sense of self and their ability to feel the full range of emotions and experiences.

Becoming **"trauma-informed"** means recognizing that people often have many different types of trauma in their lives. People who have been traumatized need support and understanding from those around them. Often, trauma survivors can be re-traumatized by well-meaning caregivers and community service providers.



#### **BOZ, OF MICE & FLOWERS**

*Created by Gieneyra Lai-Alvarez*

Today, Boz is taking public transport and sees another mouse that reminds them of a past trauma. Boz reflects on the situation and remembers that every circumstance is different, but they still choose to have boundaries.



#### **BTI**

*Created by Anthony Gutierrez*

Everyone who has experienced trauma has dealt with it differently. It is okay to flight, flee, or freeze because that is human instinct. Provide support to those survivors, not suggestions on how to deal with it differently. Question their state of mind, not their actions. #BeTraumaInformed



#### **A HEAD START**

*Created by Noel Quintero*

Trauma is different for everyone. Whether big or small, it manages to affect us mentally and physically throughout our lives. This character has experienced trauma and is attempting to understand their feelings through themselves and others.



### **SELF VALIDATION**

*Created by Jazlyn Archila*

Validating your experience and your emotions is a key component in the healing process.



### **HONEST MISTAKE**

*Created by Ravin Brazfield*

Pup is practicing "active listening" to keep Kit positively and actively engaged with the conversation. It is important to be patient, pay attention, and withhold any judgment while your partner is speaking to you. This form of listening can help form trust in a relationship; for example, Kit trusts Pup enough with their feelings that Kit feels comfortable asking for Pup's advice. In a case like this it is appropriate to offer your perspective on the topic at hand. When you practice active listening, it can make your partner feel validated, listened to, and trusted.



### **BORDERS**

*Created by Ivy Salazar*

Many children who are separated from their parents due to the "zero tolerance" policy suffer a wide range of mental, physical, and emotional trauma, which include symptoms of post-traumatic stress disorder. Therefore, after separation, many children experience fear, anxiety, feelings of abandonment, and being to view future caretakers as "enemies." Let's open a dialogue to discuss this with anyone who will listen, as young children shouldn't have to endure these burdens.

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