



Developmental Responses to COVID-19 Trauma

Adolescents

Social Impacts

- ◆ Increased sense of being “out of control”
 - ◆ Heightened need for control
- ◆ Increased need to check-in with peers virtually
 - ◆ Increased sense of isolation
- ◆ Difficulty identifying, expressing, and regulating emotions
- ◆ Maladaptive coping skills (drugs, alcohol, self-harming behavior)
 - ◆ Greater difficulty managing impulses
- ◆ Engaging in Risky behaviors (resistance to mask-wearing, etc.)
 - ◆ Seen as aggressive and defiant
- ◆ Need for age-appropriate, honest communication about COVID-19 pandemic
 - ◆ Need for opportunities to “check-in” on how they are doing
 - ◆ Need for reminders to engage in healthy self-care
 - ◆ Need to experience sense of “action”

Cognitive Impacts

- ◆ Attention difficulties
 - ◆ Problems with abstract reasoning
- ◆ Difficulty setting goals, planning, breaking projects down
 - ◆ Difficulties with memory, organization
 - ◆ Difficulties engaging in remote learning