

What Does Your Child Look Like When Triggered?

It may be hard to identify a specific trigger, but you can learn to read signs that your child is showing the danger response

Fight Response:

Description: Signs of high arousal levels, which often appear sudden: for example, irritability, swearing, sudden anger, hyperactivity

Your child's behaviors that may indicate "fight":

Flight Response:

Description: Physical withdrawal or escape: for example, avoiding contact with others, isolating self from friends or family, refusal to do homework

Your child's behaviors that may indicate "flight":

Freeze Response:

Description: Shutting down or disconnecting from experience: for example, child looks numb; blank stare; child appears dazed

Your child's behaviors that may indicate "freeze":
