

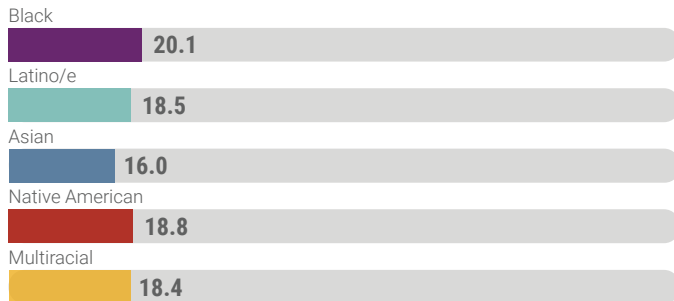


State of Mental Health for Youth of Color 2022

Exposure to Racial Trauma

Black Latino/e AAPI Native American Multiracial

18.4% of youth reported exposure to racial trauma often or very often in their lifetime.



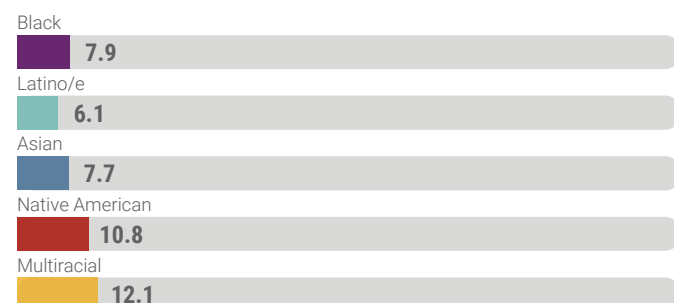
11.3% of youth reported exposure to racial trauma often or very often in the past year from peers or friends



13.2% of youth reported exposure to racial trauma often or very often in the past year from police



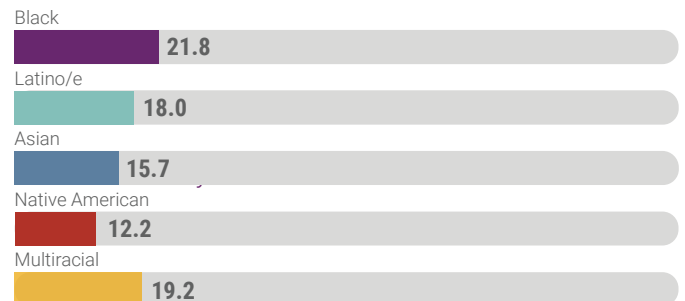
8.7% reported exposure to racial trauma often or very often in the past year from teachers or employers



7.3% of youth reported exposure to racial trauma often or very often in the past year from parents or caregivers



17.6% of youth reported exposure to racial trauma often or very often in the past year from watching/reading/exposure to the news. This is known as "vicarious trauma."



KEY FINDING:

42.1% of Youth of Color were exposed to at least one source of racial trauma

Presented by

The **AAKOMA** Project

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Alfiee Breland-Noble and The AAKOMA Project, Inc. (2022). The AAKOMA Project's State of Mental Health for Youth of Color. Executive Summary, 2022. Arlington, VA: The AAKOMA Project