Presented by

Multiracial
Native American
AAPILatino/eBlack

Exposure to Racial Trauma

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

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

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

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.”

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.

KEY FINDING:

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

State of Mental Health for Youth of Color 2022


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The AAKOMA Project

www.aakomapproject.org