Healing in Color Coloring Book

hope shores ALLIANCE

By MCEDSV

Purpose

Made by the Michigan Coalition to End Domestic and Sexual Violence (MCEDSV), this coloring book is for teens working through trauma. If you work with teenagers or youth 13 and up, this is for you!

Index

You will notice that this coloring book is unique! Necessary validation statements that teens need to hear following an experience of trauma ***and*** informative educational messages that define what trauma is.

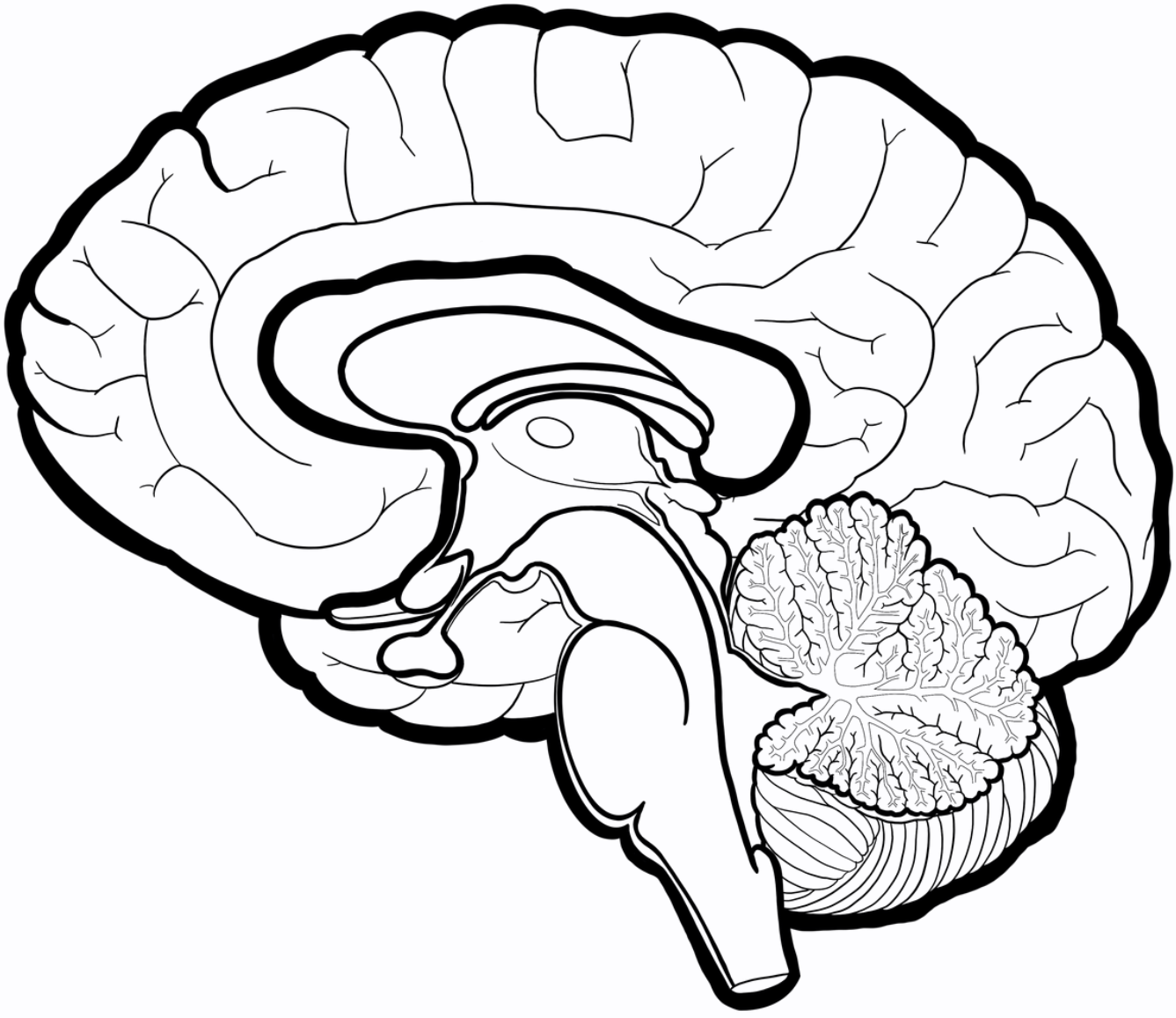
Exploration exercise

Use this as an educational tool or alternative to journaling. While you color, ask yourself:

- How do these statements make me feel?

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Trauma triggers the hippocampus, amygdala, and prefrontal cortex



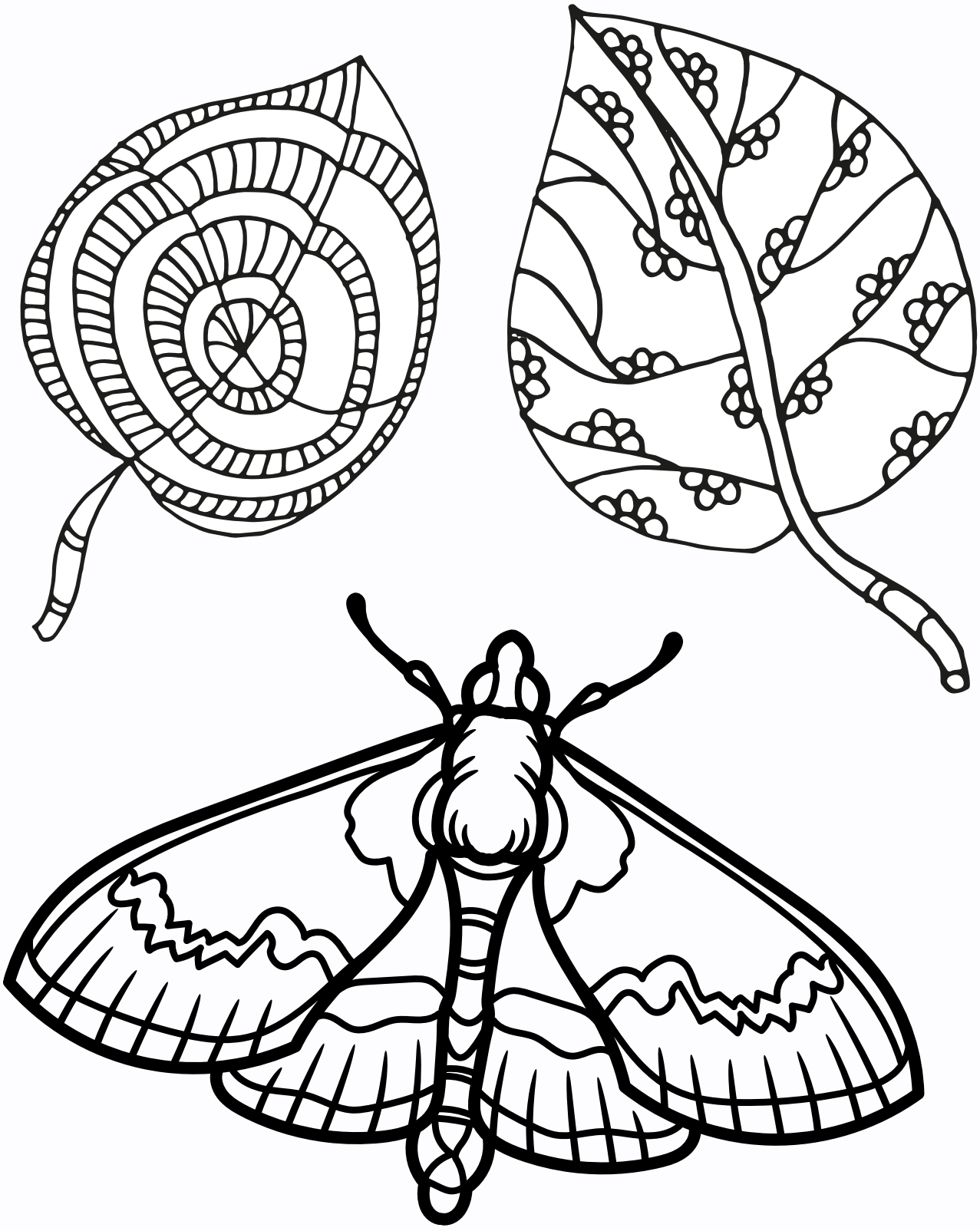
Traumatic events can make us feel unregulated.



Trauma is the lasting impact of the scary event.

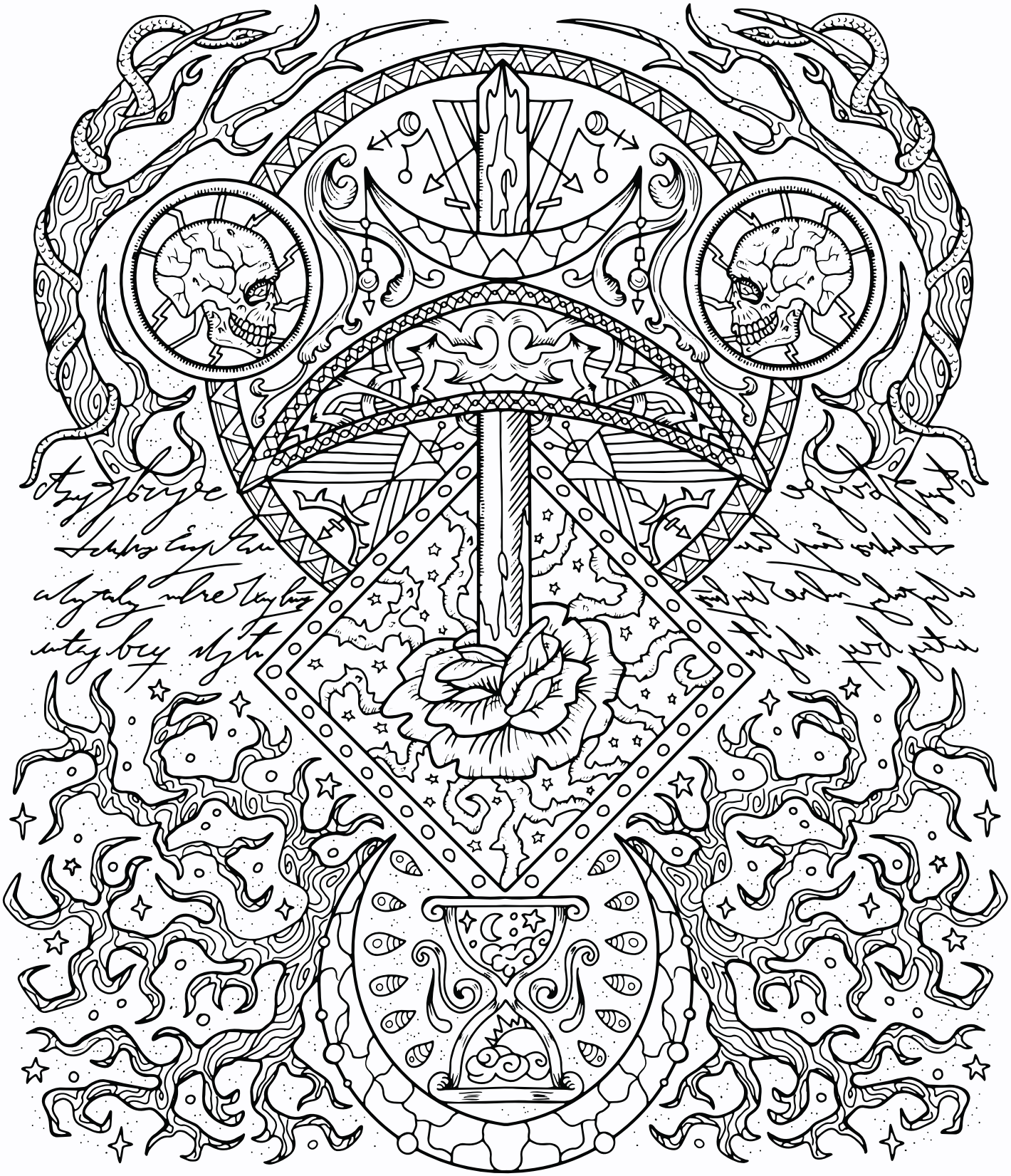


I am still loved.




I am not alone.

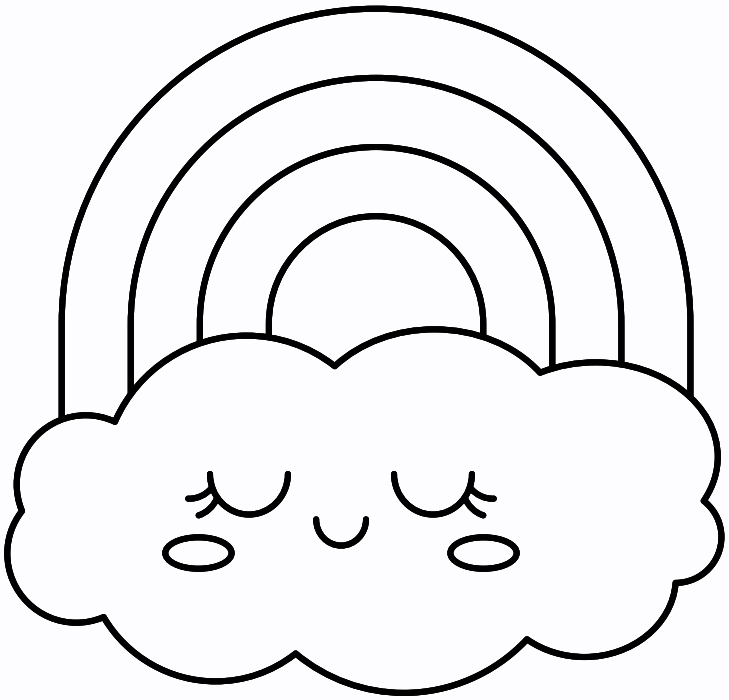
I am not bad.

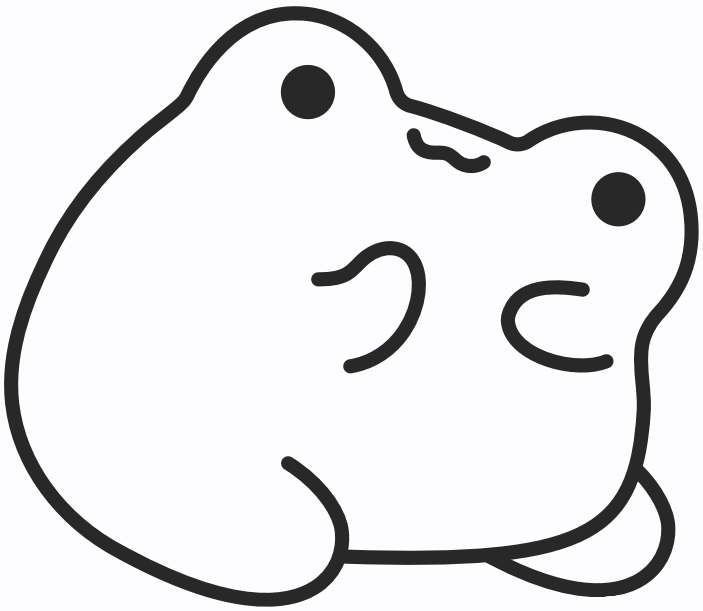


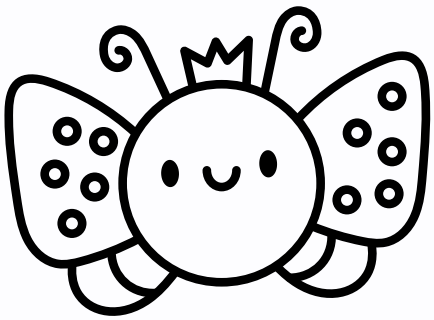
I deserve to feel good things like joy and love.

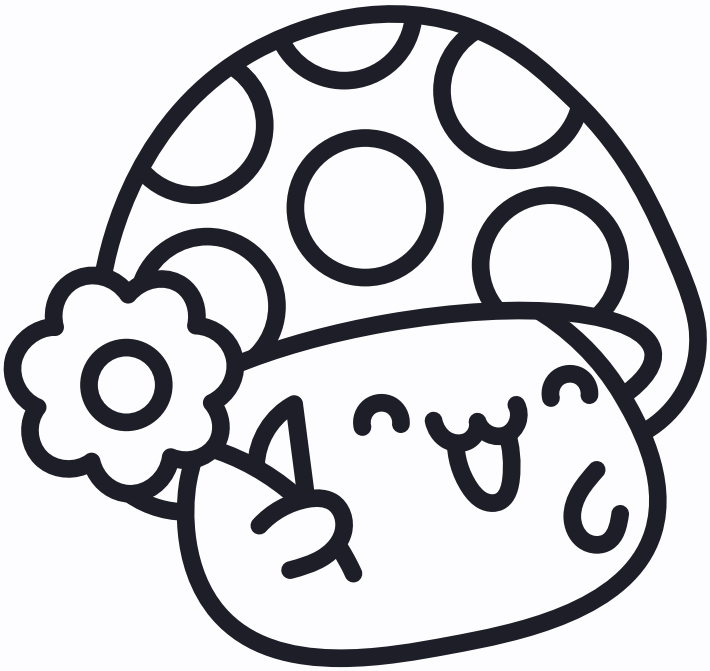


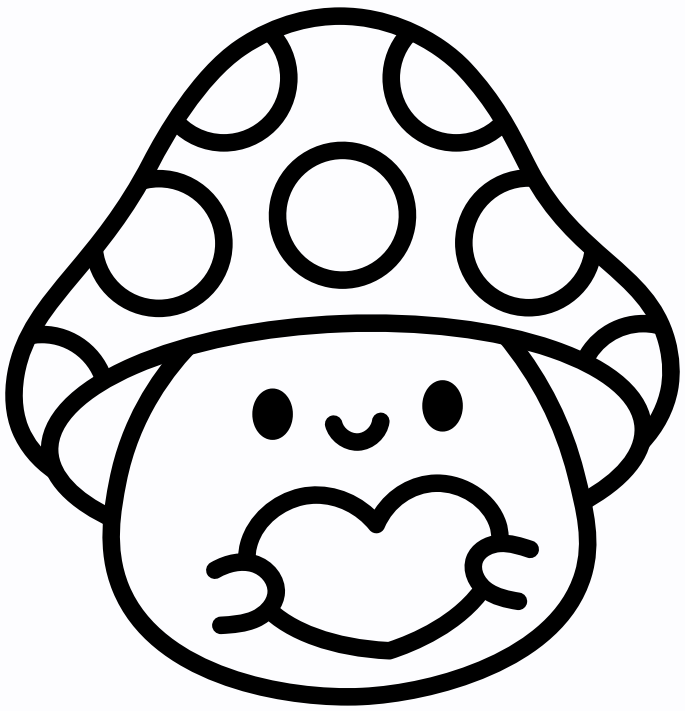
Healing is a journey.





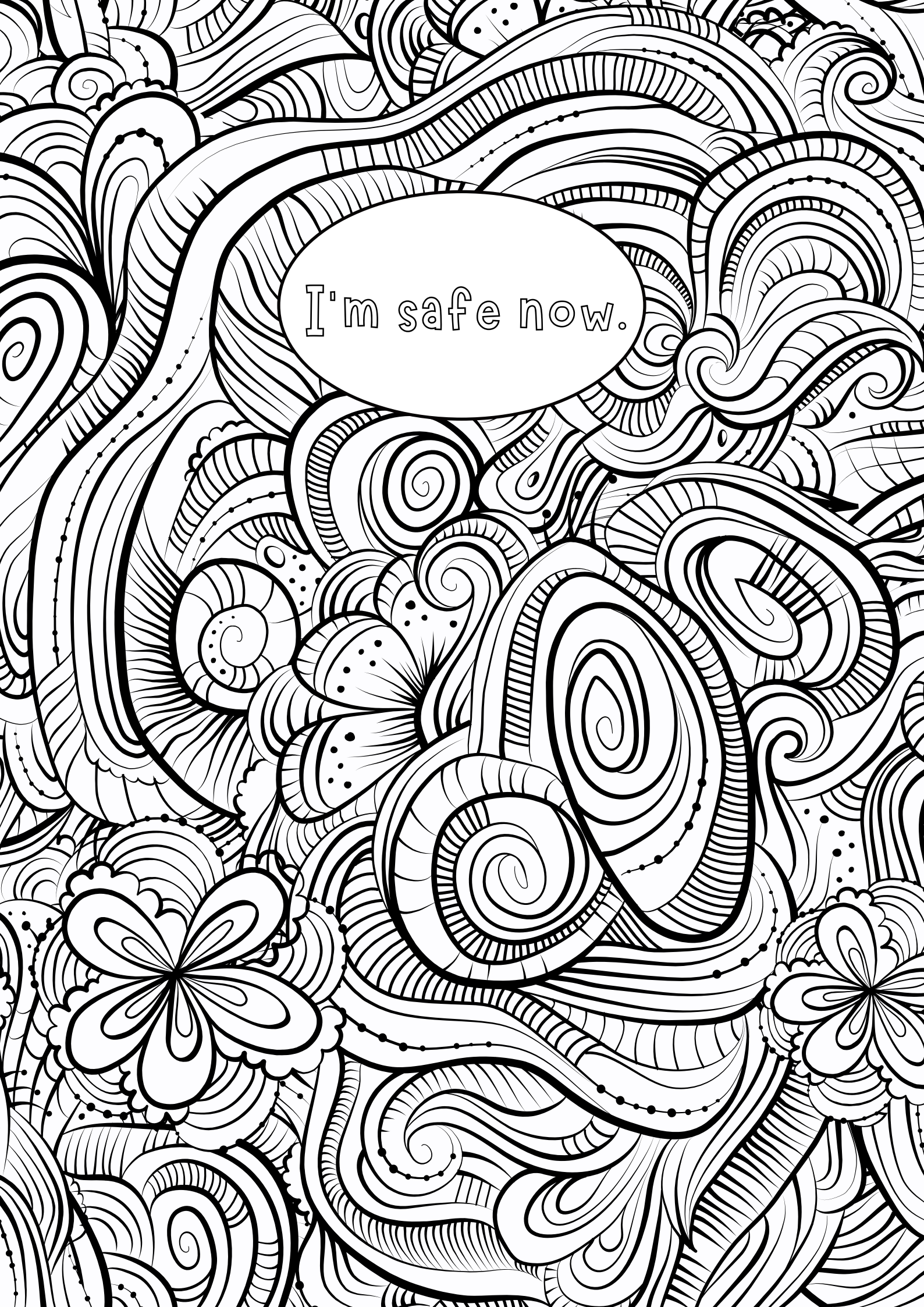






I believe you.

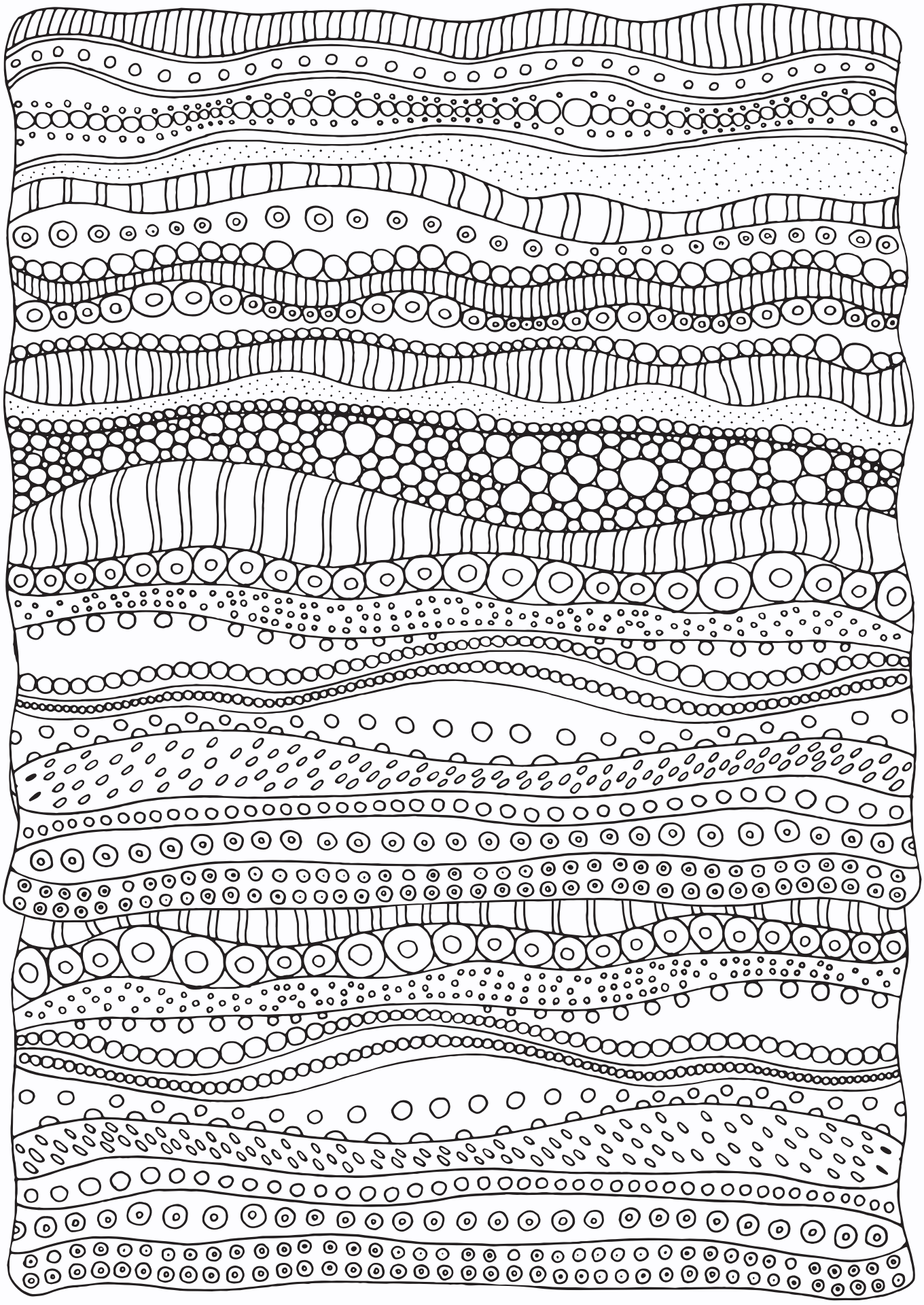



I'm safe now.

It's okay to take my time.



People care about me.



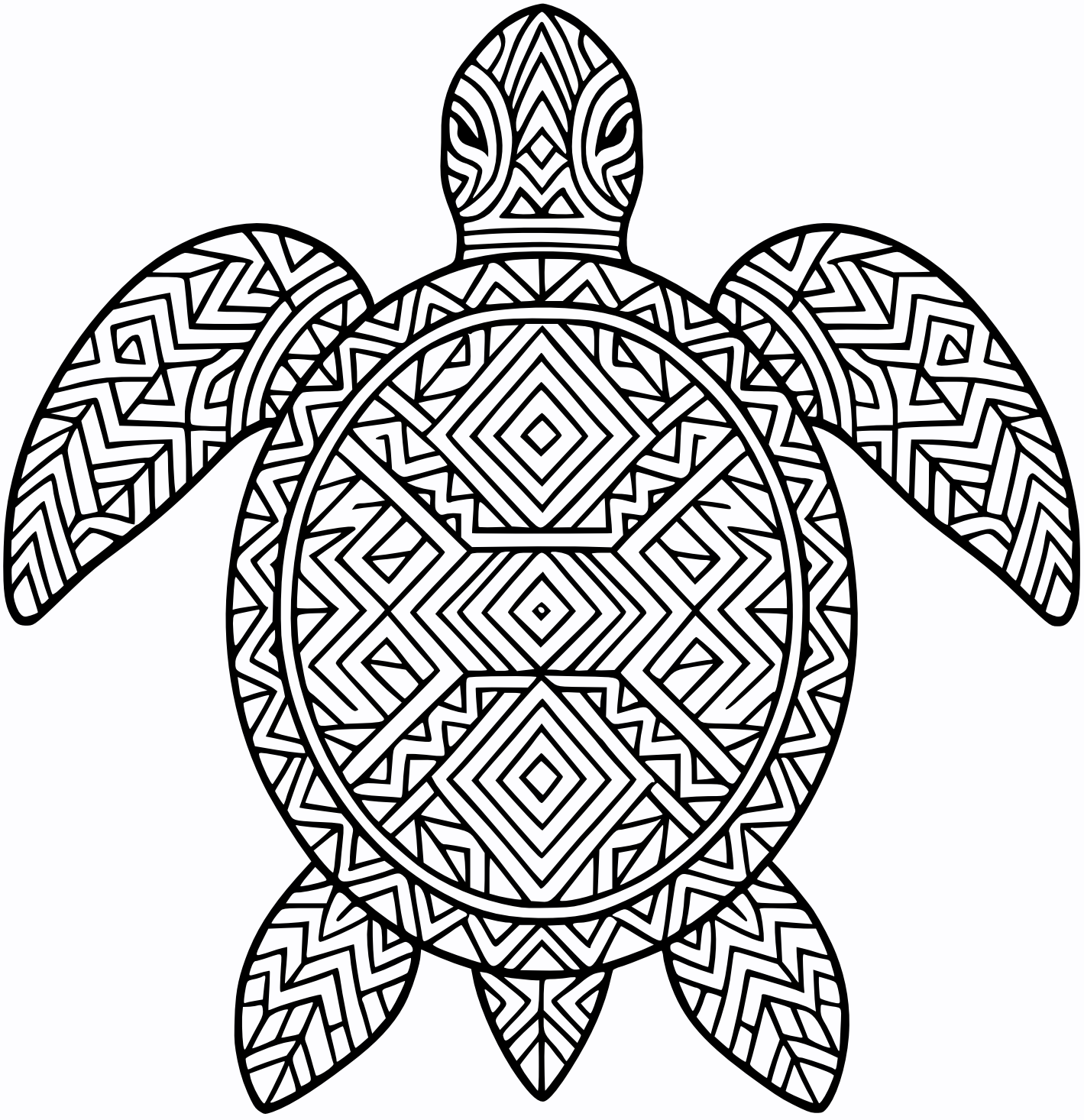
Consent is the bare minimum of what I deserve.



I deserve to feel safe in my relationships.



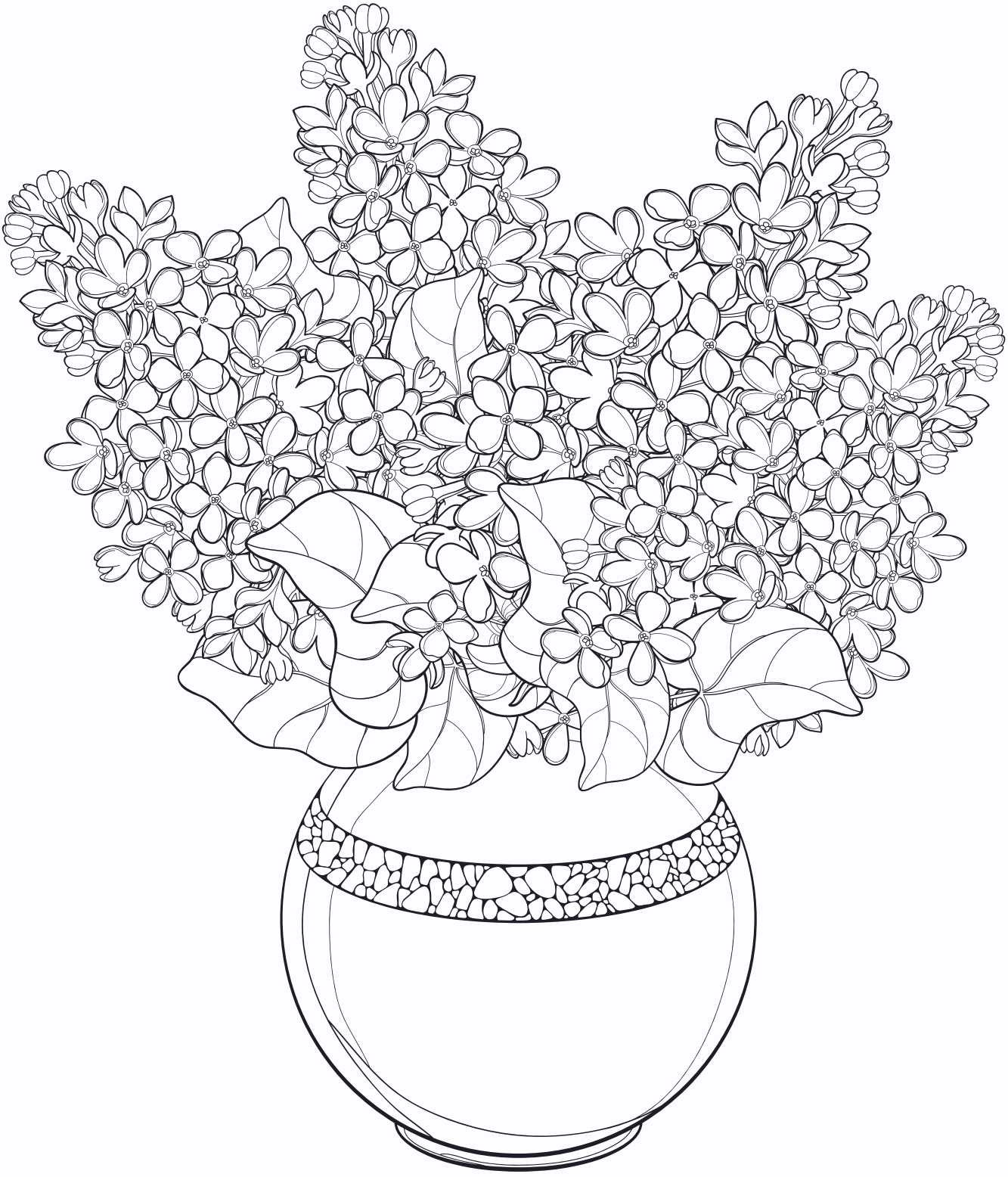
This should not have happened to me.



I am not my trauma.



My worth is inherent.



Resources:

hope shores ALLIANCE

Hope Shores Alliance is a community supported organization dedicated to assisting victims/survivors and their families in ending domestic and sexual violence and discrimination in their lives through education, systems change, building community partnerships, and ensuring availability and accessibility of free and confidential supportive services.

Call (800) 396-9129 or visit our website at hopeshores.org, and on Facebook, Instagram and TikTok at Hope Shores Alliance

Compass North
nemifrc.org/compass-north
or call (855)268-6558
Homeless Youth and Runaway Services

loveisrespect.org
Call (866)331-9474
Text LOVEIS to 22522 or Chat Live
Available 24/7

Go Ask Alice!
https://goaskalice.columbia.edu/

Born This Way Foundation
https://bornthisway.foundation

988 Suicide & Crisis Hotline
Call or Text if you or a friend are in need! Available 24/7

Teens & Technology: Safety, Privacy, & Empowerment:
https://www.techsafety.org/survivor-toolkit/teens-and-technology

Scan the QR code for the MCEDSV website!