

My name is Francesco and today, I would like to speak to you about a very important topic: "trauma".

In my class of Carlo Cattaneo institute, we have discussed about the different traumas that we have lived. Thanks to our stories, we have understood that there are different types of trauma. In some cases, like mine, trauma is the consequence of acts of bullying, in others cases trauma comes from the death of a parent, a friend, from particular situations etc.

Today I am here to report some of my colleagues' testimonies about the various traumas they suffered in their childhood or in any other moment of their lives:

"When I was 11 years old I was a victim of bullying because my favourite sport was, and still is dancing and because of this I stopped dancing. Then I managed to overcome this big difficulty thanks to the help of a friend and started to dance again. Thanks to my experience I have learned to thank these people because they showed me what I will never be!"

"My trauma was a work accident. It happened when I was a child, at the age of 14: a nail entered in my foot. My father helped me in this case, and from this experience I got the strength not to lose heart when similar facts happen."

" My trauma was the separation of my parents because when they separated I was a child. In that moment, I was eight or ten years old and for this reason, I do not remember the details. I remember vaguely the reaction of my family, but I remember that my Brother was very angry and gave a punch to the wardrobe and hurt himself. My father went somewhere else in the meantime, but my mother remained strong for me and my Brother."

" My trauma is stuttering. In my life, this often causes to me bullying, lack of success at school and psychological breaks. In time, my stuttering revealed new parts of me such as apathy, coldness and an alleviation of physical pain."

"My trauma was a lost friendship. From this experience, I understood that you never have to trust a person because when you think about knowing him really that is the good time that he will betray you. After this experience I have difficulty giving people confidence."

"Long time ago I got a physical trauma. That day I had to play my first football match, but when I arrived at the football field, I fell down the stairs and I destroyed my two teeth. Then instead of playing my first goal I had to go to the dentist's! I will never forget that moment!"

"I had my trauma three years ago when my girlfriend left me. I really believed in her and I loved her so much, but she did not understand how much I loved her, maybe for the distance...and for this reason, she preferred not to continue our story. Now I am no longer so much confident in girls"

"One morning, when I was a child, at the age of eleven, I went to school. After that I went back home with my mom, but something unexpected had happened. The thieves had come to our house! This thing shocked me, but even more my mom. We went to the Police, but without any result. I still remember the feeling of fright and dismay in seeing our things defiled!"

"Trauma is when you get a bad thing that leaves a bad memory in your head forever. My trauma happened at the end of last school year (2016-2017). When one of my classmates entered in my classroom and told me that our friend Alex had a motorcycle accident and died. What I felt at that time is impossible to explain in words, so I call it a trauma, because it is and will always be a bad memory that will never go away from my head"