

What Do You Know UNO Rules

YELLOW: Questions around reactions to the trauma (ex. How do kids who have been abused respond to their abuser? What are ways a kid's behavior changes after being _____ abused? How does a kid's body react in the presence of their abuser? Etc)

Blue: Questions around feelings associated with the trauma (How do kids feel when being _____ abused? How do kids feel towards their abuser? How do kids feel about talking about their abuse? Etc)

RED: Questions around thoughts and beliefs about themselves, people, and the world, especially after trauma experience (What do kids think about adults in general after being _____ abused? What do kids think about themselves? Etc)

GREEN: Questions around how experiences with trauma get in the way (How do kids respond to reminders of being _____ abused even after they are safe? What kind of reminders make kids think about being abused? Etc.)

WILD: Questions around safety, interactions with other people, more beliefs about other people. (How do people know a kid has been _____ abused just by observing them? Who helps kids that have been abused? Etc.)

SKIP: Questions about their future to assess kid's hope and belief in self, ideas to guide future sessions (What happens to kids that have been _____ abused when they get older? What kind of life can a kid that's been abused have? Etc.)

REVERSE: Questions around the specific trauma (ex. What is _____ abuse? Who _____ abuses kids? What are examples of _____ abuse? Etc)