

Suggested Child Name: Alex Wu

Memory name: Cafeteria	Content warning: Shame, Racism, Microaggression, Guilt
Conflict type: Internal	
Initial description: The memory starts in a crowded and rowdy cafeteria filled with the sound of children laughing and chatting. The Child walks quietly to a garbage bin in the corner and surreptitiously dumps out the content of their lunch box. When they do, a nearby table erupts, “Oh gross! What’s that smell!” The Child quickly walks away, clutching their lunchbox.	
Surface Trauma: The Child throws away their lunch everyday to avoid being ostracized by their classmates. They achieve mixed success - some of their classmates notice, but don’t care enough to take things beyond the occasional jeering.	Deeper Trauma: The Child’s parents are immigrants and when they pack lunches in the local style they add spices and ingredients from their own culture. The Child doesn’t want to tell their parents about being ostracized about the smell and look of their lunches because they want to protect their parents’ feelings. But at the same time, the Child feels ashamed to be the kid that doesn’t have a “normal” lunch.
Notes: <ul style="list-style-type: none">- The memory ends when the school bell rings- The situation persists for at least a year	
Potential adjustments: Locations: classroom; outdoor eating area; school trip (museum, aquarium, park, etc.) People: parents as refugees; foster parents	

Memory name: Sidewalk	Content warning: Police Presence, Fear of Separation, Racism, NIMBYism
Conflict type: Internal	
Initial description: It's nighttime in a neighbourhood packed tight with cereal box houses and chainlink fences. The Child is sitting on the sidewalk, their face illuminated blue and red from the nearby police car. The neighbourhood is quiet; there are no sirens. There is no one else around at the moment.	
Surface Trauma: The neighbours called the cops on the Child's parents after hearing them arguing loudly in a language they did not understand. The police showed up and separated the Child from their parents for questions. The Child has been questioned about their personal safety within the household and has been told to wait.	Deeper Trauma: The Child has witnessed arrests within the neighbourhood before and associates police presence with arrests. They are afraid of their parents being arrested. The Child is also nervous about being separated from their parents because they often translate for them. They're afraid that their parents are unable to communicate properly with the authorities.
Notes: <ul style="list-style-type: none"> - The memory ends when a police officer comes back to talk to the Child - Records show that there is no domestic abuse within this household - The Child does not end up removed from their parents 	
Potential adjustments: <ul style="list-style-type: none"> - Locations: condominiums; apartments; suburban houses - People: child protection personelle 	

Memory name: Cheating	Content warning: Public Shaming, Guilt
Conflict type: External	

Initial description:

The memory begins in a hallway at school. Class is going on, so there is no one else around. The Child is standing in front of a teacher, head down and lip set. The teacher holds up two pieces of paper that appear to be tests.

“You know what I hate the most? Cheaters.”

Surface Trauma:

The Child has been caught cheating by their teachers and taken outside to the hallway. The teacher continues to shame the Child.

Deeper Trauma:

The Child’s parents have been having trouble finding jobs. The Child, in turn, has been lying to their parents about having good grades. They know they need to do better in this test or else their parents will find out they’ve been lying when the report card goes out. To the Child, there’s nothing worse than adding to their parents’ discouragement.

Notes:

- The memory ends when the Child is sent to the principal’s office
- The parents find out about this incident which causes conflict within the household
- The Child has additional records of cheating

Potential adjustments:

- People: parent; foster parent; guardian
- Location: school parking lot; grocery store