Core Stressors for Newcomers

This graphic organizer and chart on the following page can inform teaching practices, school routines, parent engagement efforts, and program planning.
# Definitions and Causes of Core Stressors for Newcomers

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Definition</th>
<th>Possible Cause</th>
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| **Trauma** | Child experiences an intense event that threatens or causes harm and trauma to his or her emotional and physical well-being. | War and persecution
Displacement from home
Flight and migration
Poverty
Family and Community Violence |
| **Acculturation** | Children and families experience acculturation as they try to navigate between their new culture and their culture of origin. | Conflicts between children and parents over new and old cultural values
Conflicts with peers related to cultural misunderstandings
The necessity to translate for family members who are not fluent in English
Problems trying to fit in at school
Struggle to form an integrated identity including elements of their new culture and their culture of origin |
| **Resettlement** | Children and families who have relocated try to make a new life for themselves. | Financial stressors
Difficulties finding adequate housing
Difficulties finding employment
Loss of community support
Lack of access to resources
Transportation difficulties |
| **Isolation** | Children and families experience isolation as new immigrants in a new country. | Discrimination
Experiences of harassment from peers, adults, or law enforcement
Experiences of mistrust with host population
Feelings of not “fitting in” with others
Loss of social status |