Childhood trauma also doesn’t have to occur directly to the child; for instance, watching a loved one suffer can be extremely traumatic as well. Exposure to violent media can also traumatize children. Just because an experience is upsetting, however, doesn’t make it traumatic. While most of them experience distress following a traumatic event, the vast majority of them return to a normal state of functioning in a relatively short period of time. But some children—between 3 and 15 percent of girls and 1 to 6 percent of boys—develop post-traumatic stress disorder (PTSD). Children with PTSD may re-experience the trauma in their minds over and over again. They may also avoid anything that reminds them of the trauma or they may re-enact their trauma in their play.