

Title: How Adults Build Trauma Sensitive Environments

What: A trauma sensitive environment provides safety and security for students and staff, which enables students to build caring relationships with adults and peers, regulate their emotions and behaviors and succeed academically, while supporting their physical health and well-being. (adapted from the Trauma Sensitive Checklist)

Why:

- Trauma-sensitive environments are best practice for all students

How: Ways staff support trauma sensitive environments? (put each of these - safe learning environments, relationships, and school-wide discipline - in different bubbles/boxes with pictures)

- Safe Learning Environments
 - Value Student Voice
 - Empower Students
 - Use Positive Language
 - Establish Routines and Procedures
 - Be Consistent
- Relationships
 - surveys, questionnaires, letters, projects, "office hours", lunch groups, engage in casual conversations
- School-wide Discipline
 - Focus on prevention: look for patterns, identify triggers, develop plans to support students
 - Change mindset: "What happened to you?", instead of "what's wrong with you?"
 - Avoid Exclusionary Discipline
 - Link to Mental Health Professionals: school-based and/or community providers