

Safe and Supportive Schools: A Journey

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Trauma is not the event.

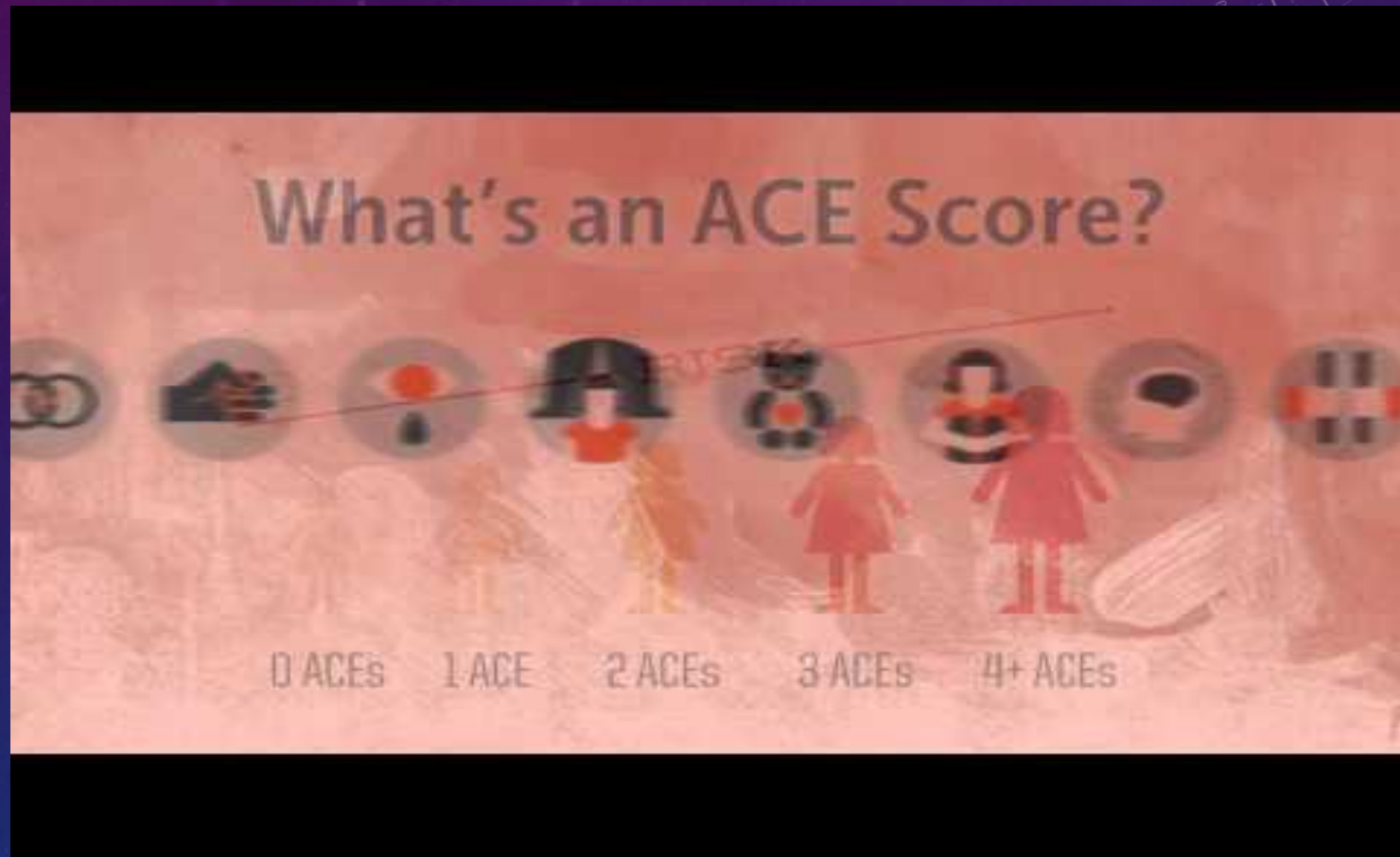
Trauma is the response.



Each individual responds differently.

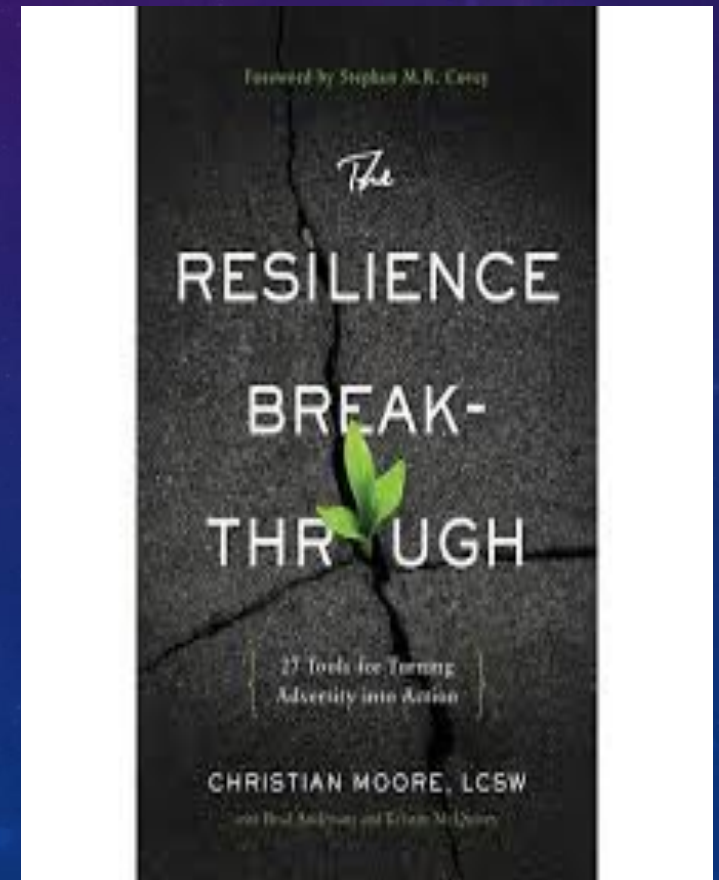
***STOP ASKING: What is wrong with this student?
AND START ASKING: What has happened to this student?***

Adverse Childhood Experiences (ACEs)



The Resilience Break-Through (C. Moore)

- Adversity and Anger = Fuel
- Flip the Switch
- 4 types of resilience
 - Relational
 - Street
 - Resource
 - Rock Bottom



Relational Resilience

- Others depend on you
- Draw strength from others
- Loneliness is a powerful enemy of resilience
- “Everyone needs to be needed by someone.”

Street Resilience

- Channeling your emotions, instead of letting your emotions use you
- Use disrespect, discrimination, or regret for good, no matter the circumstances.
- Thriving on mistakes

Resource Resilience

- Resilience can be increased by tapping into resources you currently possess
- Realization that you have undeveloped talents and untapped capabilities
- What are you doing when you are feeling most fulfilled?

Rock Bottom Resilience

- Ability to flip the switch when you're at your lowest point
- Believe in your ability to change your circumstances , combat hopelessness, and fight on
- "Losing in the past does not equal losing in the future."

WHAT IS A TRAUMA-SENSITIVE SCHOOL?



**Helping Traumatized
Children Learn**

*New Updated Version
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Why We Need Trauma-Sensitive Schools

Discussion Questions 1 & 2

- Think, Pair, Share (1s and 2s, 3s and 4s)
- What are your initial thoughts after watching the video?
- What is your understanding of trauma-sensitive schools?

Discussion Questions 3 & 4

- 1s and 4s, 2s and 3s
- AP George Donovan talks about establishing a “culture of awareness”.
- How might you go about establishing a “culture of awareness” in your school/district?

Discussion Questions 5 & 6

- 1s and 3s, 2s and 4s
- June Saba-McGuire, Director of Learning and Teaching, says “helping adults understand that they have the most powerful influence on student behavior” is a result of this work.
- How might this understanding lead to a shift in the way educators think about student behavior?
- What might be the results of this shift?

REFLECTION

- Personal Reflection, then Whole group
- What insights or new knowledge did you gain from this video and discussion?
- How might you use this knowledge in your own work?
- How might your school use this knowledge?

ADAPT INSTEAD OF ADD



- IN SCHOOLS, MUCH OF WHAT IS ALREADY DONE CAN BE Integrated INTO A TRAUMA INFORMED APPROACH!!
- DON'T THINK "MORE"—THINK "ADAPT CURRENT PRACTICE"

THANK YOU!

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