

# Trauma-Informed, Resilience-Oriented School Principles

## 1. Safety

*Ensuring physical, academic, social, behavioral and emotional safety in the school community*

- Synonyms: care, security, protection, wellbeing
- Physical: Providing all a student's physical needs
- Behavioral: Teaching students behavioral and emotional regulation
- Academic: Adults are willing to stimulate & encourage students by accepting them where they are without ridicule
- Social: Sense of belonging and interpersonal competence
- Emotional: Ability to share feelings, both positive and negative, in an atmosphere of trust without repercussions

## 2. Trustworthiness

*Maximizing trustworthiness through task clarity, consistency and interpersonal boundaries between individuals, groups and all members of the school community*

- Synonyms: reliable, dependable, honest, ethical, responsible, truthful, loyal, faithful, principled
- Adults seek to build trust not through one interaction, but over a period of time as students learn they are honest and reliable and truly care for them as an individual
- Students will challenge the trust in a relationship through lying prior to accepting an individual as a trustworthy person

## 3. Student Voice and Empowerment

*Maximizing student and family input, choice and control*

- Synonyms: bi-directional communication, autonomy, participation, cooperation
- School activities and settings facilitate student experiences of empowerment and the development of the student
- Educators modify learning and social experiences to prioritize student experiences of choice and control
- School staff involve students and families in decision-making about individual programming for academics and discipline
- Administrators involve students and families in decision-making about the broader school community

## 4. Collaboration

*Facilitating collaboration and sharing power*

- Synonyms: cooperate, teamwork, conspire, join forces, equal contribution, partnership
- School activities and settings maximize collaboration and sharing of power between staff and students
- Educators modify learning activities to amplify collaboration and power-sharing

## 5. Peer Support

*Providing help and support to each other, for both students and staff*

- Synonyms: mentoring, companionship
- All new students are connected with a current student mentor or helper to facilitate belonging and inclusion in the new setting
- Students struggling with academics or peer relationships are provided trained peer support facilitated by the school counselor
- Teachers and staff have space to share challenges with each other without judgment or fear of repercussions

## 6. Inclusion and Engagement

*Practicing inclusion, seeking to prevent discrimination, and celebrating the unique aspects of our school community*

- Synonyms: fairness, advocacy, representation, restoration
- All students and staff have equal access to resources they need for academic success
- Inclusion means more than a seat at the table; it is a voice in the decision-making
- It is recognized that healing happens in relationships
- Adults share power with students and families when making decisions about individual student plans, education and discipline
- Policies, protocols and processes are responsive to the linguistic, ethnic and cultural needs of students and families