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