

Trauma-Informed Practices Across School Settings

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[This on-demand webinar](#) is the first in a two-part series on addressing how to implement and adapt trauma-informed practices across school settings. During trying times, the social and emotional well-being of our students, parents, teachers, and administrators is of critical importance. In this training you will learn how to implement trauma-informed practices across all school settings, manage current challenges due to virtual learning, and provide support and access to care for yourself, your students, and your staff to improve the overall health of your school community.

Learning Outcomes

- » Define trauma-informed classroom practices that support social-emotional health.
- » Use trauma-informed care to respond to students' mental health needs.
- » Identify self-care best practices.

Key Takeaways

- ✓ School connectedness is the belief by students that adults and peers in the school care about their learning and their individual well-being. It has been shown to be a significant preventative factor against substance abuse, suicide, violence, disordered eating, etc.
- ✓ Best practices in a trauma-informed school come from the values of Safety, Trustworthiness, Student Choice/Voice, Collaboration, Empowerment, and Equity. These help determine which strategy to use when talking with a student.
- ✓ School safety broadly includes emotional, physical, social, behavioral, and academic considerations. The three components of a trauma-sensitive school are physical environment, human interactions, and classroom strategies and techniques.
- ✓ Brené Brown's BRAVING framework can be used for building trust with students. It is composed of: **B**oundaries, **R**eliability, **A**ccountability, **V**ault, **I**ntegrity, **N**on-judgment, and **G**enerosity.
- ✓ Staff well-being must also be maintained through clear expectations, boundary setting, staff culture, regulation, and self-care. Self-care strategies such as deep breathing, exercise, journaling, or expressing gratitude should be encouraged.

Additional Resources

[Wisconsin Trauma-Sensitive Schools Starter Kit](#)

A collection of tools and resources for schools looking to implement the Trauma Sensitive School model.

[National Child Traumatic Stress Network](#) - A

collection of resources on understanding and assisting students who have experienced trauma.

Questions for Discussion

- » What components of the physical classroom are conducive to a trauma-informed approach? What could be improved?
- » What are some ways to build connections with students while in the classroom? In a remote environment?
- » What wellness resources exist for staff? What are the expectations for how staff will engage with wellness activities?

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