

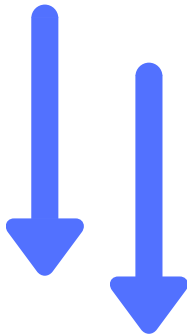


# TRAUMA INFORMED SCHOOLS

Developed by the CCS School Social Work Department

\*There are students in our schools who have experienced trauma\*

## TRAUMA



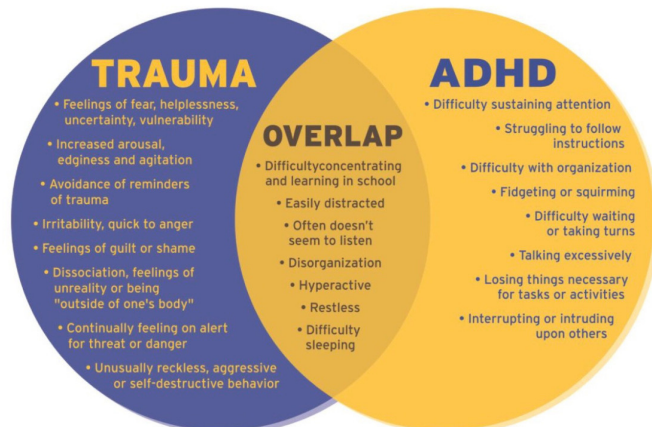
Pre-School  
Elementary School  
Middle School  
High School

What can it look like?

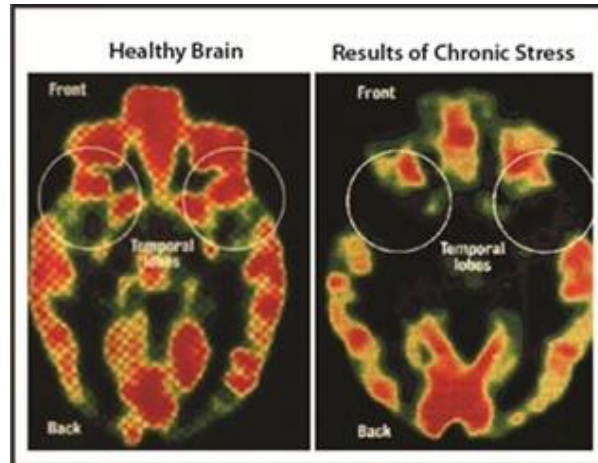


- Non-compliant with rules
- Disrespectful of authority figures
- Negative peer interactions
- Aggression
- Impulsive or Overactive
- Anxious
- Risky behaviors
- Drug use
- Withdrawn/depressed
- Absent
- Not doing work

Students who have experienced trauma often display behaviors identical or very similar to those with ADHD.



# Trauma and the Brain



## School Connectedness Increases Resiliency

- Avoid triggering or re-traumatizing - watch body language and verbal cues
- Refer for school counseling, school social work or school psychology services
- Find out who a student has a relationship with and encourage the connection
- Establish and build relationships with students and their families
- Encourage students to get involved with healthy activities
- Provide a safe and supportive environment
- Report suspected child abuse or neglect

## How can I help in the moment?

- Walk and talk
- Listen more, talk less
- Validate, encourage, motivate
- Model healthy communication skills
- Create/have available a sensory 'toolbox'(tactile/relaxing items, stress balls, water beads, etc.)
- Utilize a calm down location or other supervised space to de-escalate
- Process and enforce consequences AFTER the student de-escalates

➔ Responding to misbehaviors - try 'What happened?' avoid 'Why?' ←



Be aware of both students who act out *and* the quiet ones who don't appear to have behavioral problems. These students can often 'fly under the radar' and miss out on getting help.