



All staff handout

1. Applying the Core Principles Worksheet

Trauma-sensitive schools are grounded in a set of core principles that inform daily school operations. Schools that embody these core principles: a) have staff who understand trauma and its impact; b) believe that healing happens in relationships; c) ensure emotional and physical safety for all; d) view students holistically; e) support choice, control, and empowerment for students, staff, and families; f) strive for cultural competence; and g) use a collaborative approach. Existing culture and practice across your school or district may already reflect these principles, or the core principles may represent a more significant shift.

Consider how you currently integrate the core principles into daily practice and what more can be done to support a trauma-sensitive learning environment.

1. Understand trauma and its impact.

In a trauma-sensitive school, all staff share a common understanding of trauma and its impact on students, families, and staff and a joint mission to create learning environments that acknowledge and address the effects of trauma on school success.

Here's how **my school** currently integrates an awareness and understanding of trauma and its impact into daily practice:

Here's how **I** currently integrate an awareness and understanding of trauma and its impact into my daily work:

Here's what I think we can do more of:



2. Believe that healing happens in relationships.

Trauma-sensitive schools believe that establishing safe, authentic, and positive relationships can be corrective and restorative to survivors of trauma and can be resilience-building for all. This principle encompasses relationships among and between school staff, students, and families.

Here's how **my school** demonstrates a commitment to fostering healthy relationships:

Here's how **I** demonstrate my commitment to fostering healthy relationships:

Here's what I think we can do more of:

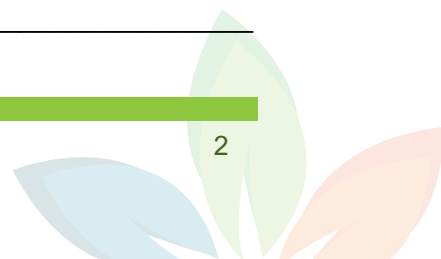
3. Ensure emotional and physical safety.

Trauma-sensitive schools are committed to establishing a safe physical and emotional learning environment where basic needs are met; safety measures are in place; and staff responses are consistent, predictable, and respectful.

Here's how **my school** upholds a commitment to ensuring emotional and physical safety

Here's how **I** uphold a commitment to ensuring emotional and physical safety:

Here's what I think we can do more of:



4. View students holistically.

Schools invested in taking a trauma-sensitive approach understand the interrelated nature of emotional and physical health and academic success and the need to view students holistically and build skills in all areas.

Here's how **my school** demonstrates a commitment to viewing students holistically:

Here's how **I** demonstrate my commitment to viewing students holistically:

Here's what I think we can do more of:

5. Support choice, control, and empowerment for students, staff, and families.

Trauma-sensitive schools operate in a way that supports choice, control, and empowerment for students, families, and staff and empowers all by building skills that enhance sense of mastery.

Here's how **my school** demonstrates a commitment to supporting choice, control, and empowerment for students, staff, and families:

Here's how **I** demonstrate my commitment to supporting choice, control, and empowerment for students, staff, and families:



Here's what I think we can do more of:

6. Strive for cultural competence.

Trauma-sensitive schools strive for cultural competence by acknowledging and respecting diversity within the school; considering the relationship between culture, traumatic experiences, safety, healing, and resilience; and using approaches that align with the cultural and linguistic backgrounds of students, families, and the broader community.

Here's how **my school** demonstrates a commitment to striving for cultural competence:

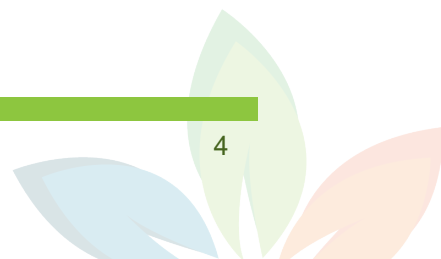
Here's how **I** demonstrate my commitment to striving for cultural competence:

Here's what I think we can do more of:

7. Use a collaborative approach.

Trauma-sensitive schools use a collaborative approach with students, families, and staff. This approach includes sharing power and decision making across all levels of the school and seeing students and families as partners.

Here's how **my school** demonstrates a commitment to using a collaborative approach with students, families, and staff:



Here's how I demonstrate my commitment to using a collaborative approach when working with students, families, and staff:

Here's what I think we can do more of:
