

# A Teachers Guide to STUDENT TRAUMA AND TRAUMA-INFORMED PRACTICE

## WHAT IS STUDENT TRAUMA?



Traumatic events are defined as “incidents that are perceived as terrifying, shocking, sudden, or that potentially pose a threat to one’s life, safety, or personal integrity.

Trauma can present itself in several ways in the classroom:

### 1 POOR SCHOOL PERFORMANCE

- Lower GPA
- Chronic absenteeism
- Suspensions or expulsion



### 2 DIFFICULTY IN SOCIAL SETTINGS

- Jumpiness or fidgeting
- Anger
- Social withdrawal



### 3 EMOTIONAL / PHYSICAL DISTRESS

- Impulsive behavior
- Poor emotional control
- Somatic complaints



## DID YOU KNOW?

60%

of the children surveyed have been exposed to some form of trauma, either in or out of school.

(Source: The National Survey of Children Exposed to Violence)

Becoming a trauma-informed school can help students that are victims of trauma and contribute to creating a **safe and healthy school**.



## 6 principles in a trauma-informed approach:

### DID YOU KNOW?

Trauma-informed practice creates a shared understanding & common language to create a welcoming, caring, respectful, and safe school.

1   
Safety

2   
Empowerment, Voice, & Choice

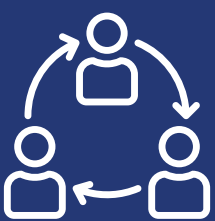
3   
Collaboration & Mutuality

4   
Trustworthiness & Transparency

5   
Peer Support

6   
Cultural, Historical, & Gender issues

## How do you become A TRAUMA-INFORMED SCHOOL?



It all starts with focusing on the role of school leaders and administrators, the role of teachers, and a focus on student needs.

To learn more about implementing trauma-informed practice and becoming a safe and healthy school, enroll in the Safe and Healthy Schools Certification Program today!

**ENROLL NOW**