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## BASIC STRATEGIES FOR RESPONDING TO TRAUMA

Leaders	Teachers
<ul style="list-style-type: none"><li>• Ongoing training for staff on the identification of and response to trauma in school</li></ul>	<ul style="list-style-type: none"><li>• Check in with students to be proactive</li><li>• Expect student over-reactions</li><li>• Manage your emotions</li><li>• Understand that change takes time</li><li>• Empathize not antagonize</li></ul>
<ul style="list-style-type: none"><li>• Develop guidance for teachers</li><li>• Create local partners with agencies</li></ul>	<ul style="list-style-type: none"><li>• Modify your voice tone and volume</li><li>• Adopt non-threatening posture</li><li>• Check your facial expressions</li></ul>
<ul style="list-style-type: none"><li>• Practice wellness and self-care for school employees</li><li>• Leverage existing best practices in the school and take school-wide</li></ul>	<ul style="list-style-type: none"><li>• Maintain high expectations</li><li>• Intervene quickly to avoid explosions</li><li>• Find a quiet place to de-escalation</li><li>• Involve school counselors</li><li>• Find a mentor for the student</li></ul>
<ul style="list-style-type: none"><li>• Implement an SEL program</li><li>• Evaluate implementation to determine next steps</li></ul>	<ul style="list-style-type: none"><li>• Shorten your sentences</li><li>• Ask questions instead of lecturing</li><li>• Give them choices</li><li>• Praise positive responses</li></ul>
<ul style="list-style-type: none"><li>• Consider the student's behavior to make your decision - punitive or restorative actions based on context</li></ul>	<ul style="list-style-type: none"><li>• Coach/process with student</li><li>• Keep record of triggers - when, where, how, and why</li><li>• Communicate with the team</li></ul>