

Generate strategies you can Start/Stop/Continue/Change to bring the Trauma-Informed Principles to life within your classroom

- Consider strategies that build and strengthen **relationships** and/or promote **regulation**
- See reverse side for list and definition of the **Trauma-Informed Principles**



Start	Stop	Continue	Change



Trauma Informed Principle	Description
Safety	<ul style="list-style-type: none"> • Individuals feel physically, socially and emotionally safe. • Understand the meaning of “safety” as defined by those being served.
Trustworthiness & Transparency	<ul style="list-style-type: none"> • Operations and decisions are conducted with transparency. • Building and maintaining trust. • Stability and predictability.
Peer Support	<ul style="list-style-type: none"> • Fostering student-to-student relationships. • Peer support is a vehicle for: establishing safety and hope, building trust, enhancing collaboration.
Collaboration and Mutuality	<ul style="list-style-type: none"> • Shared decision-making. • Healing happens in healthy relationships. • Everyone has a role to play in a trauma-informed approach.
Empowerment, Voice, and Choice	<ul style="list-style-type: none"> • Strengths and experiences are recognized and built upon. • Belief in resilience and everyone plays a role in promoting healing and recovery. • Recognition and understanding of historical and existing power differentials.
Cultural Humility & Educational Equity	<ul style="list-style-type: none"> • Check assumptions, observe, question • Acknowledge implicit and explicit stereotypes and biases • Be responsive to cultural, ethnic, gender and racial needs of those being served. • Leverage healing value of traditional cultural connections • Recognize institutional and intergenerational trauma