

TRAINING

TAKE AWAYS

Resilience building:

Strong social connections can help students develop coping strategies and resilience to navigate challenging situations.

Positive connections and relationships with teachers, peers, and family members can significantly help students who have experienced trauma by providing a sense of safety, support, and validation, allowing them to feel more comfortable expressing their emotions, coping with stress, and building resilience to overcome the effects of their trauma.



ADVERSE CHILDHOOD EXPERIENCES – ACES

What are Adverse Childhood Experiences (ACEs)?
ACEs are potentially traumatic events that occur in a child's life:



Physical Abuse



Emotional Abuse



Sexual Abuse



Domestic Violence



Parental Substance Abuse



Mental Illness



Suicide or Death



Crime or Imprisoned Family

Causing lifelong medical, mental & social suffering

TRAUMA INFORMED

What can we do?

- *Recognize:* Identify signs of trauma in students
- *Build relationships:* Try to connect with students, even those who are shy or challenging
- *Respond:* Use trauma-sensitive communication and strategies
- *Refer:* Connect students to appropriate mental health services
- *Reflect:* Engage in self-care to prevent burnout and secondary trauma

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PRACTICE SELF-CARE

Staff working with students experiencing trauma can practice self-care by: setting healthy boundaries, engaging in mindfulness practices, prioritizing physical health, seeking support from colleagues, taking regular breaks, establishing a supportive work environment, and actively practicing self-compassion; recognize that their work can be emotionally demanding and actively managing their own emotional well-being is crucial.

PBIS IS RESTORATIVE PRACTICES

Aspect	Restorative Practices	PBIS	Shared Similarities
Focus	Repairing harm and relationships	Positive behavior and social culture	Builds relationships
Approach	Dialogue, collaboration, and healing harm	Clear expectations and positive reinforcement	Focuses on restoration over punishment
Key Elements	- Community focus - Inclusivity & respect	- Defined expectations - Tiered support	Supports positive behaviors
Behavior Response	Restorative over punitive	Consequences with focus on restoration	Encourages learning from mistakes