

What do your students face daily?



Responding vs. Reacting

- Give emotional space
- Ask yourself the right questions
- Tune into your own experience

Traditional Reactions	Trauma-Informed Responses
“Go to the principal’s office.”	“I’m here. You’re not in trouble.”
“Stop crying.”	“It’s okay to feel.”
“Detention is waiting for you.”	“Sit with me.”
“Don’t you talk to an adult like that.”	“You’re allowed to have a voice. Let’s talk together.”
“Stop acting like a baby”	“That really set you back, didn’t it?”
“You’re old enough to handle this on your own.”	“Let’s handle this together.”



Traditional Reactions

“Go to the principal’s office.”

“Stop acting like a baby.”

“Don’t you talk to an adult like that.”

“It’s not that difficult.”

“You should have never acted like that.”

“Act your age.”

“Stop whining.”



Trauma-Informed Responses

“I’m here.”

“That really set you back, didn’t it?”

“You’re allowed to have a voice. Let’s talk together.”

“Sometimes life just gets too hard, doesn’t it?”

“Let’s talk about it.”

“I want to understand you better. If I know how you feel, I’ll be able to help you better. Use your voice.”



Turn and Talk:

“When little people are overwhelmed by BIG emotions, it’s our job to share our calm, not to join their chaos.”

– *L.R. Knost*

How can you share your calm?

Shifting to a Trauma-Informed Lens

Shift from:

“What’s wrong with you?”



To:

“What happened to you? (And how can I help?)”

