PROTECTIVE FACTORS FOR TRAUMA INFORMED SYSTEMS: DEFINED

SAFETY

• Trauma unpredictably violates our physical, social, and emotional safety, resulting in a sense of threat and a need to focus resources on managing risks.
• Meeting core physical, emotional, academic, and social needs minimizes stress reactions and allows us to focus resources on teaching and learning.

PREDICTABILITY

• Kids who have experienced trauma often have anxiety around change.
• Predictability reduces stress because familiar patterns are calming, do not require the child to wonder what is going to happen next or experience anxiety in preparation for the unexpected.

COMPASSIONATE DEPENDABLE RELATIONSHIPS

• Trauma can leave us feeling isolated or betrayed, which may make it difficult to trust others and receive support.
• When we experience compassionate and dependable relationships, we re-establish trusting connections with others that fosters mutual wellness.

VOICE, CHOICE AND THE OPPORTUNITY TO COLLABORATE

• Trauma involves a loss of power and control that can make us feel helpless and hopeless.
• When we are given meaningful opportunities to have voice and choice and our strengths are acknowledged and built upon, we feel empowered to advance growth and well-being for ourselves and others.

SKILL BUILDING IN ACADEMIC AND SOCIAL EMOTIONAL COMPETENCIES

• Trauma can derail the development of healthy skills in regulating emotions, cognitions, and behaviors, as well as healthy interpersonal skills, which can then compound trauma’s negative effects.
• Building academic and social emotional learning competencies increases resilience and student outcomes.

CULTURAL RESPONSIVENESS

• Diverse cultural groups may experience different traumas and stressors, react to these adversities differently, and experience differences in how others respond to those traumatic experiences.
• When we are open to understanding the root causes of these differences and respond to them with cultural sensitivity, we make each other feel understood and equity is enhanced.
### ACTIVITY: APPLYING PROTECTIVE FACTORS TO CURRENT SYSTEMS AND PRACTICES

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