

Commit to a trauma-informed school culture



Embed a culture of wellbeing in the school community



Collaborate with professionals



Develop a culture based on empathy, responsiveness, awareness and sensitivity



Engage in relevant professional learning



Ensure nonjudgmental attitudes and acceptance and tolerance in the school environment

Empower students



Create safe and predictable environments



Provide clear routines and structures



Consider how trauma may impact learning or behaviour



Provide students with culturally safe spaces, people or strategies



Increase support during times of stress



Identify and respond to possible triggers



Plan transitions in a trauma sensitive way to reduce disruptions for students



Build school connectedness



Provide time for positive interactions



Develop trust, and secure and accepting relationships with students



Celebrate and incorporate diversity and cultural identities



Avoid judgements and unhelpful predictions



Listen and validate feelings or experiences with empathy



Develop strong, trusting partnerships with families and communities based on open communication