

Trauma Informed Practices (TIPs) In the Classroom

TIPs are strategies educators can use to create a learning environment where **every student feels safe.**



When educators understand how trauma affects a student's behaviours and emotions, school becomes **less of an adversity for that student.**



Trauma is often caused by **adverse childhood experiences (ACEs)**. For more information on ACEs, visit www.decyde.ca

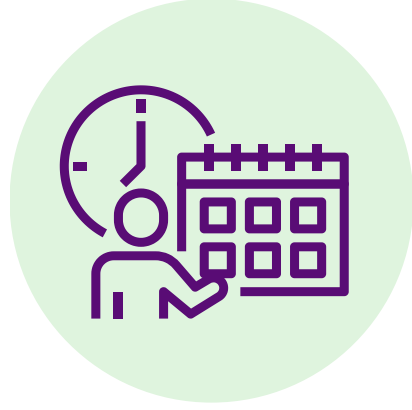
Remember, traumatic experiences are **individual**. We should not judge what we think is traumatic to the child.

How Trauma Affects a Child's Behaviour



Ways to be Trauma Informed

Show Predictability and Consistency



- Display the schedule for the day in the classroom
- Keep classroom rules consistent
- Inform the class of changes ahead of time
- Avoid introducing loud sounds

Provide Supportive Feedback



- Encourage students to keep trying
- Smile rather than keep a neutral expression
- Use the sandwich method



Use Restorative Practices instead of Zero-Tolerance Policies



- Encourage students to talk out their conflict
- Consider what led to misbehaving
- Validate feelings
- Use active listening
- Encourage students to use "I" statements

Foster Positive Self-Concept



- Acknowledge and recognize accomplishments
- Celebrate uniqueness
- Encourage students to reach answers in the own way
- Accept a variety of answers in classroom discussions

Confidentiality in the Classroom

While educators have a responsibility to maintain student confidentiality, students should know that there is a **duty to report** any signs of abuse or neglect. In these cases, other parties outside of the educator may be made aware of the student's situation.

