

Trauma Informed Practices (TIPs)

TIPs are strategies that adults can use to create an environment where **every youth feels safe**.

When adults understand how trauma affects a youth's behaviours and emotions, they can be better supported.



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

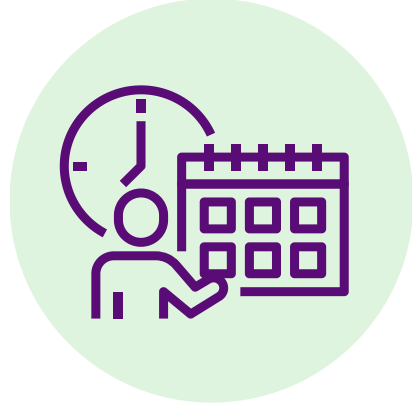
Remember, traumatic experiences are **individual**. We should not judge what we think is traumatic to the child.

How Trauma Affects a Child's Behaviour



Ways to be Trauma Informed

Show Predictability and Consistency



- Keep rules consistent
- Inform youth of any changes ahead of time
- Avoid introducing loud sounds

Provide Supportive Feedback



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



Use Restorative Practices instead of Zero-Tolerance Policies



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

Foster Positive Self-Concept



- Acknowledge and recognize accomplishments
- Celebrate uniqueness
- Encourage youth to reach answers in the own way

Duty to Report

Every person has a legal responsibility to report suspected abuse and neglect for children and youth. Abuse and neglect can take many forms, including physical abuse, emotional abuse, sexual abuse, and neglect. This helps ensure the safety and well-being of our children. To report a concern of suspected child abuse and/or neglect in NL, call toll-free 1-833-552-2368.

For more information visit us at:

www.decayde.ca