

SUPPORTING STUDENTS IN TEMPORARY HOUSING:

TRAUMA-SENSITIVE PRACTICES FOR EDUCATORS

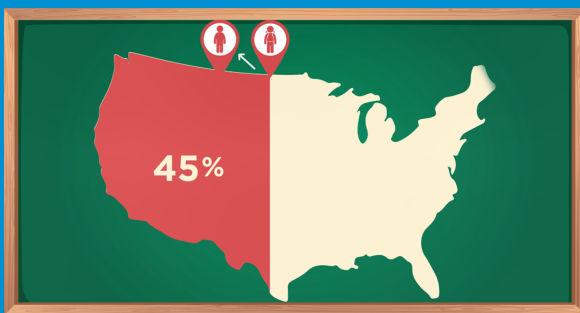
Traumatic experiences can be physical or emotional in nature, leaving someone feeling terrified and helpless. Traumatic experiences in childhood are also called “adverse childhood events” (ACEs). Exposure to trauma can overwhelm a person’s ability to cope. They can be one event or a series of experiences and aren't always things you can see.

Homelessness

Community Violence

Substance Abuse

Untreated Mental Health



Nearly half of children in the United States have experienced at least one ACE.

Your role as an educator reaches well beyond the classroom. Children need supportive adults to help them cope with these traumatic experiences. Building a secure and trusting relationship is critical. It is important to serve as supportive adults to reduce the negative effects of trauma and promote resilience.



STRATEGIES TO BUILD POSITIVE RELATIONSHIPS



PROVIDE MENTORING

- Build trust
- Be available
- Be consistent
- Encourage self-motivation



IDENTIFY SAFE ADULTS

- Post the names and roles of key school staff
- Set clear schedules and expectations



BE PATIENT & CONSISTENT

- Lead by example
- Give unconditional support
- Model boundaries



HOST FAMILY PROGRAMS

- Host family nights and events, such as game night
- Engage everyone in strength based activities



TEACH COPING SKILLS

- Teach relaxation techniques
- Encourage peer support
- Encourage healthy diet and exercise



USE TEAMWORK

- Share your experiences with your colleagues
- Discuss successes and what could improve