



Trauma Sensitive Schools Planning Worksheet

1. What is your motivation to make your school more “trauma-sensitive”? What urgency do you have?

2. *What trauma-sensitive attributes and strengths does your school already have? (Consider the following: Are people ready and willing? What programs/services are already in place? How is your school already a safe and supportive place? Etc.)*

3. *Where do you see need and gaps in regard to being trauma-sensitive? (Consider the following: Are people resistant? Do you lack funding and/or capacity to implement new ideas? Etc.)*

4. Pick one of the following areas: *Connection to body and creativity*, *Restorative Justice*, *Culturally Responsive Teaching*, or *Civic Engagement*. Read the article or watch the video assigned to this group and then answer the following questions. You can work on your own and discuss with your group.
 - a. What did I already know about this area?

 - b. What did I learn today?

 - c. What questions do I still have?

- d. What, if anything, is already happening at my school in this area?
- e. What else do I want to implement in this area?
- f. What barriers might I encounter and what will I do to prevent or mitigate these barriers?
- g. Who are my allies? Who will help me?
- h. How can students help to implement my ideas?
- i. What will I do immediately when I get back to my school?
- j. What will I do in the next three months to make progress in this area?

5. Assess the strengths and needs/challenges in the following trauma-informed principles:

a. School-Wide Understanding of Trauma & Its Impact

- i Here is how I demonstrate my commitment to School-Wide Understanding of Trauma & Its Impact
- ii Here is how my school demonstrates our commitment to School-Wide Understanding of Trauma & Its Impact
- iii Here is what I think we can do more of to promote School-Wide Understanding of Trauma & Its Impact

b. Physical, Emotional, Social, & Academic Safety

- i Here is how I demonstrate my commitment to Physical, Emotional, Social, & Academic Safety
- ii Here is how my school demonstrates our commitment to Physical, Emotional, Social, & Academic Safety
- iii Here is what I think we can do more of to promote Physical, Emotional, Social, & Academic Safety

c. Relationships, Support, Connection, & Community

- i Here is how I demonstrate my commitment to Relationships, Support, Connection, & Community
- ii Here is how my school demonstrates our commitment to Relationships, Support, Connection, & Community
- iii Here is what I think we can do more of to promote Relationships, Support, Connection, & Community

d. Collaboration, Empowerment, Voice, & Choice

- i. Here is how I demonstrate my commitment to Relationships, Support, Connection, & Community

- ii. Here is how my school demonstrates our commitment to Relationships, Support, Connection, & Community

- iii. Here is what I think we can do more of to promote Relationships, Support, Connection, & Community

e. Cultural Responsiveness & an Understanding of Bias & Oppression

- i. Here is how I demonstrate my commitment to Cultural Responsiveness & an Understanding of Bias & Oppression

- ii. Here is how my school demonstrates our commitment to Cultural Responsiveness & an Understanding of Bias & Oppression

- iii. Here is what I think we can do more of to promote Cultural Responsiveness & an Understanding of Bias & Oppression

f. Social Emotional Learning, Resilience, Growth, & Change

- i. Here is how I demonstrate my commitment to Social Emotional Learning, Resilience, Growth, & Change

- ii. Here is how my school demonstrates our commitment to Social Emotional Learning, Resilience, Growth, & Change

- iii. Here is what I think we can do more of to promote Social Emotional Learning, Resilience, Growth, & Change

g. Educator Care

- i. Here is how I demonstrate my commitment to Educator Care

- ii. Here is how my school demonstrates our commitment to Educator Care

- iii. Here is what I think we can do more of to promote Educator Care