

- **Collaboration:** The classroom activities and settings maximize collaboration and sharing of power between students and staff.
- **Empowerment:** The classroom activities and settings prioritize student empowerment and skill-building.

Additional trauma-informed practices to keep in mind:

- Ensure there is adequate personal space provided for each student.
- Ensure that exits are clearly marked & easily accessible.
- Keep secondary trauma in mind when asking students to talk about their personal experiences.
- Encourage students to take care of themselves during class by standing up, drinking water, stretching, etc. as they are able.
- Be clear, consistent, and transparent about roles, tasks, boundaries, activities, expectations, rationale, student rights, etc.
- Clearly display an agenda that includes break times and stick to it.
- Allow for as much student choice as possible in classroom activities.
- Remind students to only share personal information that they want to share.
- Create Community Agreements and revisit them throughout the duration of the course.
- Provide instructional materials in as many formats as possible (paper, screen, video).
- Remind students that “pass” is an option (ice breakers, reading aloud, classroom discussions, etc.)
- Solicit student feedback and incorporate it into classroom practices.
- Ensure classroom content reflects the diversity of the students within the classroom.¹

“Trauma-informed care is a strengths-based framework that is grounded in an understanding of a responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.”²

¹ “Trauma Informed Care in the Classroom: A Resource Guide for Educators in Higher Learning.” *Trauma Informed Oregon*, 2016. <https://traumainformedoregon.org/wp-content/uploads/2016/03/Trauma-Informed-Care-in-the-Classroom.pdf>

² Hopper, E. K., Bassuk, E. L., & Olivet, J. (2010). Shelter from the Storm: Trauma-Informed Care in Homelessness Services Settings.