

# TRAUMA SENSITIVE SPACES

How can we create safe spaces for students and children who have lived through trauma?

## AT SCHOOL



- Take exercise breaks during class
- Offer healthy meals for breakfast and lunch
- Celebrate good behavior
- Know the warning signs of trauma
- Have good communication between parents and teachers
- Know that sometimes the people who act out the most need you the most
- Actively listen

## AT YOUR MEDICAL HOME



- Screen for learning and behavior milestones
- Make the clinic a warm and friendly place
- Have good communication between parents and providers
- Talk about stress at home
- Make referrals to therapists, social workers, case managers, and nutritionists
- Know the warning signs for trauma
- Actively listen

## AT HOME



- Make healthy meals at home
- Know the warning signs of trauma
- Make sure your child is on time every day to school
- Show how much you love and care for your children
- Take your children to visit their doctor and other health staff
- Find outside help from your child's teacher or doctor when needed
- Actively listen

**Trauma** is a scary event or a group of scary events that changes how a person reacts to stress. These types of events make people feel afraid or in danger.

Some examples of an event that may cause trauma are death of a family member, divorce, or a fire. Trauma can also happen when a person is abused by another person, in a physical, mental, or emotional way.

