

ANTI-VIOLENCE IN SCHOOLS

INTRODUCTION

Grade Level: 6-12



Program Description

In this Professional Development series, you will explore trauma-informed practices to create supportive classroom environments. Trauma, whether individual or collective, impacts individuals and communities. By understanding trauma and how it affects students, you will be able to prevent violence in schools and promote safety and well-being among students.

LEARNING OBJECTIVES

Teachers will:

- Understand trauma, its various forms, and its impact on individuals and communities.
- Implement trauma-informed practices in the classroom to create supportive environments for students carrying the weight of trauma.
- Recognize signs of trauma, respond appropriately, and foster trauma-sensitive classrooms.
- Integrate mental health support, mindfulness, and self-care practices to provide targeted interventions, promote emotional regulation, build resilience, and address both individual and community trauma effectively.

PRE-VIEWING GUIDED QUESTIONS

- How do you address the needs of students who have experienced trauma in your classroom or school environment?
- In what ways can trauma-informed practices benefit students and the broader school community?
- What strategies or resources do you think would be most effective in supporting students who have experienced trauma?

POST-VIEWING DISCUSSION PROMPTS

TRAUMA-INFORMED PRACTICES

Cultivating Safe Spaces:

Establish a safe and supportive environment where students feel heard and valued.

Trauma Awareness: Equips individuals with the knowledge and skills to recognize signs of trauma.

Providing Mental Health

Support: Offering access to mental health resources within the school setting is essential for addressing individual trauma.

Self-Care Practices: Helps students develop coping strategies.

Community Engagement and

Support: Provides additional support for students experiencing community trauma

- How can schools create safe and supportive environments to address individual and community trauma?
- What specific trauma-informed practices can educators implement to recognize signs of trauma and respond appropriately, and how can ongoing training enhance their ability to create trauma-sensitive classrooms?
- Discuss the importance of providing mental health support within the school setting, including counseling services and partnerships with mental health professionals, to address individual trauma effectively.
- How can integrating mindfulness and self-care practices help students develop coping strategies, build resilience, and promote emotional well-being in the face of trauma?