

# Trauma-Informed Education: Designing a System That Promotes Healing



Leadership for Educational Achievement Foundation, Inc.

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## Suggested Steps for Collaboratively Reading This Article

We encourage district and school leaders to read this article with colleagues and discuss it in collaborative settings. Below are suggested activities that can be used by individuals or groups to actively engage with the content in the article.

### Before Reading

Take a few moments to consider the following pre-reading prompts. Record your responses so you can revisit them after reading. If you are part of a group that will be reading this article, share and discuss your responses before beginning to read.

1. The concept of a trauma-healing system is described in this article. How would you define this term? What do you see as the components of trauma-healing systems? What are some ways that district leaders can support trauma-healing systems?
2. This article describes trauma-informed practices that can be implemented in the classroom. What are some de-escalating strategies that can support students who may become dysregulated, unable to manage their negative emotions?
3. How do you think educators can be visible champions of trauma-healing systems?

### During Reading

As you read the article, identify and highlight information, ideas, or activities that:

1. *Are new to you.*
2. *Align with your current understanding.*
3. *Differ from your current understanding.*

### After Reading

After reading the article, consider and discuss the following with your colleagues:

1. How did the article's information and ideas align with or challenge your prior understanding?
2. How well do you think the current policies, systems, and practice in place in your district and schools work in supporting students who have experienced trauma and the adults who work most closely with them?
3. Based on your reading, what actions do you want to take moving forward to better support students who have experienced trauma and the adults at school who work with them?



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