FOUNDATIONS

TRAUMA-INFORMED PROFESSIONAL LEARNING & DEVELOPMENT SERIES

FROM INFORMED TO RESPONSIVE: UNDERSTANDING LEVELS OF TRAUMA AWARENESS IN SCHOOLS

AUDIENCE

Beginning, All School Personnel

LENGTH

4 hours

OVERVIEW

This module introduces school personnel to the continuum of trauma engagement—trauma-aware, trauma-informed, trauma-sensitive, and trauma-responsive. Through podcasts, articles, videos, and team-based discussions, participants will explore how trauma shows up in student well-being and behavior, why shared language matters, and what it means to truly become trauma-informed. Designed for all school staff, the module blends independent learning with guided collaboration to help schools take practical steps toward creating safer, more supportive learning environments.

LEARNING OBJECTIVES

- Differentiate between the terms trauma-aware, trauma-informed, trauma-sensitive, and trauma-responsive.
- Recognize the importance of alignment and shared language across individuals, schools, and organizations in creating trauma-informed environments.
- Use the Three Es (Event, Experience, Effects) to understand how trauma shows up in student well-being and behavior.
- Recognize how trauma differs from stress, and describe three types of stress students may encounter.

CONTENT

Discussion Video: The Event: the Fire
Learning Bite: Stress and Adversity in Children

Infographics for Podcast Ep 62 - What Does It Mean To Be Trauma-Informed?
Infographic for Podcast Ep 69 - My Trauma Isn't Your Trauma

Talking About Trauma
Child Trauma Toolkit for Educators
https://www.attachmenttraumanetwork.org/trauma-aware-definition/
https://www.attachmenttraumanetwork.org/trauma-sensitive-definition/
https://www.attachmenttraumanetwork.org/trauma-responsive-definition/

VOCABULARY

Trauma aware	Three E's of trauma
Trauma informed	4 R's of trauma informed approach
Trauma sensitive	Three types of stress
Trauma responsive	Paradigm shift

ACTIVITIES/ASSESSMENT

Trauma-Informed Planning Sheet

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