Creating Trauma-Sensitive Schools

Childhood adversity, toxic stress, and trauma can negatively impact students' ability to thrive.

Adverse Childhood Experiences (ACEs)

ACEs are stressful or potentially traumatic experiences, including abuse, neglect, and exposure to community violence.

of children and youth in the U.S. will experience at least one ACE before the age of 18.

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As the number of ACEs increases, so does the risk for psychological, behavioral, or emotional problems; substance abuse; academic failure; social maladjustment; and poor medical health.

Characteristics of **Trauma-Sensitive Schools**

Access to comprehensive school mental and behavioral health

services

Feelings of physical, social, and emotional safety among all students

Understanding among staff about the impact of trauma and adversity on students



Effective community

> **Positive and** culturally responsive discipline policies and practices

Promoting trauma-sensitive school approaches has the greatest potential to positively impact all students, regardless of trauma history.

The Role of School Psychologists



School psychologists have unique training that allows them to deliver mental health supports within the context of learning.

These services directly contribute to more positive student outcomes and achievement.

They can provide early identification and intervention services to help students build the skills they need to meet the demands of school and life.

