

**Trauma Awareness & Resilience
Training Institute for Youth Workers**

TRAUMA INFORMED PRINCIPLES

Adapted from the American Psychological Association (2008); National Child Traumatic Stress Network (2012); National Center on Family Homelessness (2012); Hollywood Homeless Youth Partnership (2009) and the Substance Abuse and Mental Health Services Administration (N.D.)

Positive Relationships	Safe, stable, and authentic relationships with caring adults and peers support healing and healthy development.
Understanding Trauma and Its Impact	Understanding traumatic stress and recognizing that many current behaviors are ways of adapting to and coping with past traumatic experiences
Culture of Self-Care	A workplace which believes that caring for self is required when caring for others and supports staff self-care.
Promoting Safety	Establishing a safe physical and emotional environment where safety measures are in place and provider responses are consistent, predicable and respectful.
Voice and Choice	Helping young people gain a sense of control in their daily lives by keeping them informed, providing them with options, and inviting opportunities for leadership.
Access to Resources	Recognizing the complex needs of youth and supporting them in connecting to ongoing supportive resources.
Culture Competence & Promotion of Equity	Providers are mindful of how their personal experiences and identities impact their interactions and work with youth in ways that equitably affirms their culture, language and identities
Positive Youth Development ¹	Recognizing and supporting the strengths and potential of young people by providing opportunities for youth to enhance their interests, skills and abilities.
Social-Emotional Learning	Supports children in developing pro-social behaviors such as listening, managing strong emotions, cooperating, resolving conflict and problem solving.

¹ “Positive Youth Development” and “Social Emotional Learning” are both included with the recognition that PYD may be more developmentally appropriate for adolescents and SEL may be more developmentally appropriate for younger children and youth.