



## TRAUMA PREVENTATION TRAINING QUIZ

1. Which of the following is NOT a principle of Trauma-Informed Care (TIC)? A) Realizing trauma's impact B) Ignoring trauma symptoms C) Responding with support D) Resisting re-traumatization
2. When a youth refuses to follow directions, what should staff do? A) Assume defiance and punish them B) Recognize it may be a trauma response C) Ignore their behavior D) Immediately use a consequence
3. What is a key strategy to prevent re-traumatization? A) Providing consistency and predictability B) Using physical restraints for compliance C) Ignoring trauma history D) Reacting with frustration
4. Which of the following is an appropriate de-escalation method? A) Yelling at the youth B) Offering choices to give them control C) Physically removing them immediately D) Using punishment to gain compliance
5. What can worsen trauma in a family setting? A) Open communication and support B) Minimizing trauma and avoiding discussion C) Seeking professional help D) Encouraging emotional expression

### Staff Acknowledgment

I confirm that I have completed the Trauma Prevention Training and watched the required video.

Staff Name: \_\_\_\_\_

Date: \_\_\_\_\_

Supervisor Signature: \_\_\_\_\_