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| THE FIVE CRITICAL STEPS TO IMPLEMENTING A TRAUMA-INFORMED SCHOOL |
| CONCEPT MANTRA STRATEGY |
| 1 |  | *It’s not about me.* | Drop your personal mirror. |
| The stress is coming from outside of school. |
| 2 |  | *Problem solving and solutions can’t be worked through while "in the moment."* | Designate a quiet place(s) where students can feel safe to de-escalate. |
| Allow the student to de-escalate and regulate before solving the issue at hand. |
| 3 |  | *What’s really driving this child’s behavior?* | Be the one who listens and values the student’s voice… ask how you can help. Explore the underlying issue behind the behavior. |
| It’s never about the issue at hand. It goes much deeper. |
| 4 |  | *My job is to help this student regulate, not simply behave.* | Incorporate regulatory activities into the culture of the classroom and support students in their ability to learn how to self-regulate. |
| It’s a brain issue, not a behavioral issue. |
| 5 |  | *Discipline should happen through the context of relationship.* | Use consequences that keep students in school and foster the building of trust and safety with caring adults. |
| Discipline is to teach, not to punish. |

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