girls inc.

HELPING YOUTH RESPOND TO TRAUMA

REALIZE
that trauma has a wide-spread impact on the lives of young people

RECOGNIZE
the signs and symptoms of trauma

RESPOND
by integrating knowledge about trauma into your daily life

RESIST
causing further harm (re-traumatization)

4 R's: KEY ELEMENTS of a Trauma-Informed Approach

SIX PRINCIPLES
of Using a Trauma-Informed Approach with Young People

SAFETY
Girls and young people need you to pay attention to what makes them feel safe and unsafe. Provide consistency and help create predictability in areas under your influence. Above all, respond with kindness and patience as you navigate the impacts of trauma together.

TRUSTWORTHINESS & TRANSPARENCY
Demonstrate trustworthiness by asking for shared expectations and following through on them and by and keeping any commitments you make with a young person. You can create transparency by being honest and allowing a young person to be a part of your decision making processes.

PEER SUPPORT
Help the young person in your life impacted by trauma by encouraging her to connect with friends, and support participation in activities that allow her to explore her interests. Help identify ways to witness healing in others -- in person, or in books or films.

COLLABORATION & MUTUALITY
Demonstrate collaboration by using language that conveys a partnership and by exploring the pros and cons of decisions together. Look for and discuss the positive traits or signs of growth that you notice in the young person.

EMPOWERMENT, VOICE & CHOICE
Empower a young person by asking for thoughts and opinions and listening to them. You can model respect by offering choices and honoring her responses.

CULTURAL, HISTORICAL & GENDER RECOGNITION
Affirm a young person's experience by acknowledging the impact of oppression. You can help a young person tap into the healing value of cultural connections by exposing her to others who share her identities.

LOCKHEED MARTIN