Cultivating “trauma-informed classrooms” to benefit all students.

Children bring their lived experience with them into their classrooms: the emotions, reactions and sometimes, trauma, from their homes and communities, as well as wider society.

“Complex trauma” in children results from repeated exposure to traumatic events over weeks, months or years. Examples include sexual, physical, and psychological abuse, as well as experiencing or witnessing domestic and family violence or neglect.

Research shows that children most often disclose traumas to school friends or teachers, and that the classroom consequences of complex trauma can profoundly affect children’s behaviour and learning.

In this workshop, teachers will learn how to support students experiencing trauma by adopting strategies that allow them to respond effectively, and which, collectively, cultivates a “trauma-informed classroom” that benefits all students.

Teachers will learn to:

• Consider the role of teachers within a multidisciplinary context to create a trauma-informed learning environment.
• Be able to articulate a definition of trauma relevant to teaching children and young people.
• Gain understanding of the effects of trauma and what that may look like in a classroom.

The information and discussions in this workshop will be valuable for any teacher from Kindergarten to Year 12.

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