

Creating a Trauma-Sensitive Environment

Reflection Questions For Creating Physical Safety

1) All parts of the school building are well maintained, well-lit, and well-monitored.

- *Are there any spaces in your school that you have concerns about?*
- *Is there an area of the building or playground that more fights or arguments seem to happen in or places kids go out of sight from staff?*

2) The school environment reflects the students, community, and cultures being served in pictures, posters, media, and other materials.

- *Take a minute to acknowledge the cultural and ethnic identities of the students in your classes. What ways can your school increase representation of those communities within the school's physical space? If possible, brainstorm with a small group.*

3) Rules and student rights are posted, and expectations for behavior are positively outlined.

- *Take a walk through your school and look to see if visual reminders are present. If not, where can they be added? Are the rights and responsibilities of students consistent throughout the school? Have they been decided on as a school community?*
- *Are rules consistently reinforced by all staff, are all staff aware of the rules enforced in each area of the school?*

4) The school works to keep students safe from bullying and violence while at school.

5) The school or your classroom has safe, quiet spaces for students to go if overwhelmed or triggered.

- *Does your school have a space like this? If not, who can be consulted with to make one? Is the one you have being utilized effectively? Does it serve its intended purpose? Could your classroom benefit from this kind of space as well?*