

Taking a Trauma Informed Lens: Sowing Seeds: Making a plan for trauma informed change



In response to your trauma informed walk-through, what do you plan to do?



Keep & do more of?

Where are children and young people offered a truly trauma-informed experience — in the little details and the bigger picture — where the impact of trauma is recognised and you offer:

- + **Safety. Choice. Collaboration. Empowerment. Trust.**
- + **Relationships. 3Rs (Regulate, Relate, Reason). Routines. Communication.**

Think about your own interactions with the people you work with, as well as their experience as they walk through your organisation or service:



What do you commit to doing to sustain your current work with children and young people that:

- + recognises the impact of trauma on people and
- + creates a sense of safety, choice collaboration control, empowerment, and trust for everyone

X **Where is the impact of trauma on children and young people not adequately recognised and responded to? Where is there a risk of re-traumatisation in the little details and in the bigger picture?**

Think about your own interactions with the young people you work with, as well as their experience as they walk through your organisation or service:

- + Are there any places where the impact of trauma is not recognised or responded to?
- + Are there any experiences that a young person might find disempowering, coercive or lacking in collaboration?
- + Are there places where a young person affected by trauma may feel unsafe or trust might be breached?

 **What do you commit to stopping or changing in your work with people or in your organisation in order to:**

- + recognise the impact of trauma on young people and
- + create a sense of safety, choice collaboration control, empowerment, and trust for everyone



Where could you improve a young person's experience? Where is there opportunity to recognise and respond to the impact of trauma on them, and minimise the risk of re-traumatisation?

Think about your own interactions with the young people you work with, as well as their experience as they walk through your organisation or service:

- + Are there opportunities for empowerment, choice and collaboration that are currently missed?
- + Are there places or opportunities where sense of safety could be strengthened, or trust created?
- + Are there opportunities to support recovery from the impact of trauma that are currently missed?
- + Could there be opportunities to build in more to support relationships, routines, 3 Rs?
- + Could there be ways to include the wider network and use trauma informed approaches?



What do you commit to adding into your work with young people or into your organisation in order to:

- + recognise the impact of trauma on young people and
- + create a sense of safety, choice collaboration, control, empowerment, and trust for everyone