

# HOST GUIDE

## TRAUMA-INFORMED EDUCATORS

*Getting started is as easy as 1-2-3.*

### **You're just one month away from a better understanding of trauma.**

So you are interested in finding out more about how trauma is impacting your classroom? Great! In just four weeks you will learn how trauma impacts students *and* strategies for how to manage big emotions and overwhelming behaviors so the students in your class can learn better.

1

#### **Create your group.**

Sharing insights in a group setting helps dimensionalize this learning and put it into action at your school. Think of 4-8 people who might be interested in taking this journey with you. We've created an easy sample email you can use to invite people to the study. You can also attach the one-pager called Trauma-informed Educators to give people a bit of background.

2

#### **Send people the Getting Started handout.**

We've created a simple two-step process to help onboard people to how to login and access the materials. Send this out to ensure all participants can get started prior to the training.

3

#### **Schedule a quick initial meeting and future group sessions.**

We've found having a quick 15 minute meeting to make sure everyone is set up ensures a smooth start. Refer to the page "Quick Meeting" for what to cover.

*Thanks for hosting!*

# SUGGESTED EMAIL

*Maybe something like this...*

Hi --

*I've been reading about trauma and how it dramatically affects students ability to learn, build relationships and manage their emotions in and out of the classroom. I've found a four-week group study that would help us learn more about how trauma may be affecting our students, classrooms and school culture. It looks really great and super easy to do and I wanted to see if you'd be interested in joining me.*

*The commitment is about 90-minutes to 2-hours per week - individually watching expert training on video, answering some targeted self-reflection questions, and getting together weekly to share insights and ideas.*

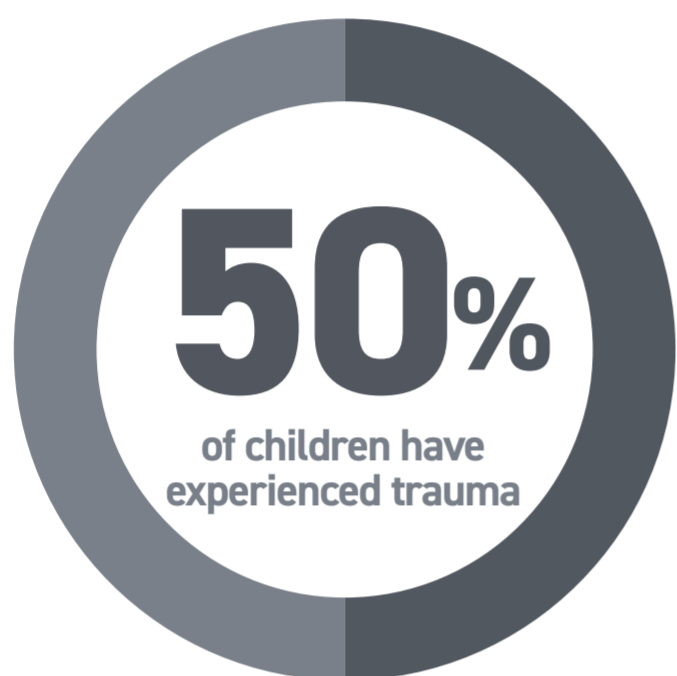
*If you are interested let me know and send me some times/days that would work best for you for a group meeting. If I can get 4-8 of us together, I'll handle all of the details to get us going. Let me know if you know others who would like to join too.*

Thanks,

*Your name here*

# TRAUMA-INFORMED EDUCATORS

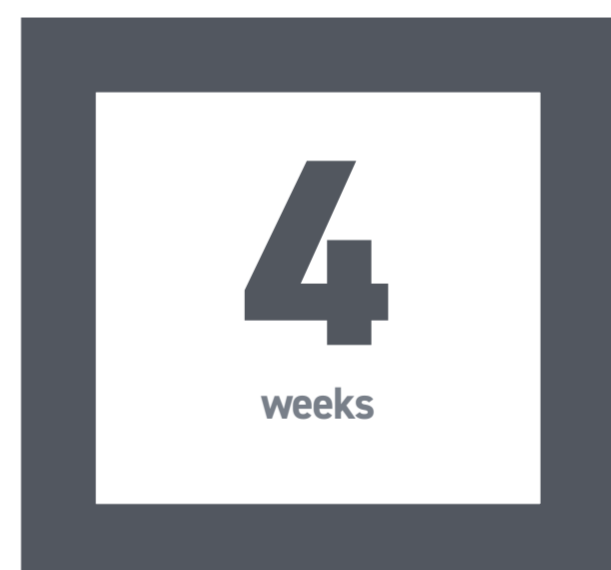
*Learn how to create healthier, more positive classrooms and school cultures*



**Way too many kids have experienced trauma, but there is hope.** Trauma affects a child's brain and ability to learn, regulate their behavior and build relationships. Training can help you put children and teens on a more positive trajectory. Research shows that even just one adult can make a huge difference in the future health of a child.

## **4-week study for educators.**

In just one month, learning about trauma-informed care in the classroom will help you understand how trauma impacts students and strategies for how to manage big emotions and overwhelming behaviors so kids can learn better.



## **Easy to implement, small group study.**

We've made this study plug-and-play so it doesn't require a facilitator or trauma pro to make it impactful. Each week participants watch expert training via on-demand videos, answer a handful of self-reflection questions in the companion guide and meet with the group to share insights and ideas—a total commitment of 90-minutes to 2-hours per week.

# GETTING STARTED

*What to do prior to your first group meeting.*

1

## **Register on [traumafreeworld.org](https://traumafreeworld.org) to access materials.**

As part of this journey, we'll be watching expert training videos and using a companion guide for self-reflection and group discussion questions. To access the videos:

*If your organization purchased training for you.*

Go to the custom registration page and enter the password that your host provided.

Click Register

Fill out your info and click Purchase Class

Click Go To Training in the menu bar to access the videos

*If you are purchasing training for yourself.*

visit <https://traumafreeworld.org/product/intro/>

Click Add to Cart

Fill out your info and click Purchase Class

Click Go To Training in the menu bar to access the videos

*IMPORTANT NOTE: To return to your training, login at the [traumafreeworld.org](https://traumafreeworld.org) homepage (no need to go to your custom registration page). Then hit Go to Training.*

2

## **Download the Companion Guide and read pages 1-7.**

The Companion Guide gives us space to take notes on the videos, along with individual and group questions. Read pages 1-7 to get familiar with the guide and what's coming up.

# QUICK MEETING

*A 15-minute check in to be sure everyone's ready.*

**Hi Host! Thanks for getting everyone together. This is just a quick check-in to make sure everyone's ready. Here's a suggested flow.**

1

**Thank everyone for joining, maybe something like...**

Thank you all for joining this study. I know it's tough to find extra time to learn and I appreciate you making the effort. I'm excited to see how this material will help us all have healthier more positive interactions with our students and better understand students who have been affected by trauma.

2

**Make sure everyone knows each other**

Either make introductions or try one of these exercises.

Ask everyone to fill in the blanks.

Hi, my name is \_\_\_\_\_ and if I was going to be in a band, I'd like to be the \_\_\_\_\_ (lead singer, tamborine player, etc.) because \_\_\_\_\_.

Hi, my name is \_\_\_\_\_, but in high school / college I had the nickname \_\_\_\_\_, because \_\_\_\_\_.

Hi, my name is \_\_\_\_\_ and if I could go anywhere for a weekend for free, I'd choose to go to \_\_\_\_\_ because \_\_\_\_\_.

# QUICK MEETING

*A 15-minute check in to be sure everyone's ready.*

3

### **Check that everyone was able to register and login.**

Was everyone able to register? Can everyone login and see their training dashboard with the video modules listed? If not, resend registration directions on the Getting Started Handout. Or if anyone has technical difficulties, email [hello@traumafreeworld.org](mailto:hello@traumafreeworld.org).

4

### **Check that everyone downloaded the Companion Guide**

Did everyone have a chance to download the companion guide and read the first 7 pages. Any questions? If anyone has trouble downloading, email [learn@traumafreeworld.org](mailto:learn@traumafreeworld.org).

5

### **Remind everyone of the Week 1 details**

So for our first meeting we'll watch videos 1-4. Take notes in the companion guide, do the self-reflection questions on our own and then regroup for group discussion on \_\_\_\_\_. (Insert date of next meeting)

*Week 1*  
watch videos 1-4

1. Foundations
2. Stress & Trauma
3. Types of Trauma
4. Impact of Trauma