

BUILDING TRUST, CONNECTION, AND RELATIONSHIPS WITH STUDENTS WHO HAVE EXPERIENCED TRAUMA

"There is no more effective neurobiological intervention than a safe relationship"

- Bruce Perry, PhD, MD, researcher & child psychiatrist

Students who have been impacted by trauma have more relationship challenges to navigate than most. Relationships with students flourish through a foundation of trust, nurturing the roots of open communication, consistency, transparency, empathy, and respect for boundaries. The positive influence of trusting relationships on students cannot be emphasized enough.



PICTURES FROM CANVA.COM

BUILDING TRUST WITH STUDENTS

<p>Create a Safe Learning Environment: Both physically and emotionally.</p>	<p>Build Rapport: Get to know the students and show a genuine interest in them.</p>	<p>Be Fully Present: With your thoughts and feelings without judgement.</p>
<p>Respect Boundaries: Be respectful of the boundaries students set for themselves.</p>	<p>Offer Choices: Allow students to make choices and control things when possible.</p>	<p>Show Empathy: Let students know that you understand and accept how they feel.</p>
<p>Active Listening: Give students your full attention when they are talking.</p>	<p>Celebrate Progress: Celebrate their efforts big and small.</p>	<p>Be Consistent: Follow through on your promises to the student.</p>

STRATEGIES TO BUILD RELATIONSHIPS WITH STUDENTS

<p>Build Personal Connections: Take the time to get to know your students on a personal level.</p>	<p>2x10 Strategy: For two minutes each day, 10 days in a row, have a personal conversation with a student about anything they're interested in.</p>	<p>Greet Students at the Door with Genuine Enthusiasm: Handshakes, "would you rather", "what do you like more".</p>
<p>Dialogue Journals: Exchange short letters (three to five sentences) with individual students.</p>	<p>Provide Individual Support: Provide individualized support and accommodations to meet their diverse needs.</p>	<p>Morning Meeting: 1-2 minute conversation to reflect on the day ahead and recalibrate as they prepare to learn.</p>

