

Trauma-Informed Teaching Principles

Trauma-Informed Teaching (TIT) recognizes that experiences of trauma, stress, discrimination, and adversity can influence learning, communication, engagement, and wellbeing. Trauma-informed approaches aim to foster environments grounded in safety, trust, collaboration, empowerment, and cultural awareness while reducing the risk of re-traumatization within learning and work environments.

Key Principles of Trauma-Informed Training

Recognize Trauma and Stress

- Understand that trauma and stress responses may affect communication, behaviour, learning, or engagement.
- Avoid assumptions and approach interactions with curiosity, empathy, and respect.

Foster Safety and Psychological Safety

- Use calm, respectful, and supportive communication.
- Minimize shaming, dismissive responses, or unnecessary power imbalances.
- Maintain predictable expectations and supportive learning environments where possible.

Promote Trust and Transparency

- Clearly communicate expectations, processes, and decisions.
- Follow through on commitments and maintain appropriate boundaries.

Support Choice, Collaboration, and Empowerment

- Encourage learner participation, self-advocacy, and shared problem-solving.
- Offer flexibility or options when appropriate.
- Reinforce strengths, growth, and supportive feedback practices.

Support Cultural Awareness and Reflection

- Recognize how cultural, historical, social, and systemic factors may shape experiences and responses.
- Engage in ongoing reflection and learning related to inclusion, equity, and respectful teaching practices.

For additional background on trauma-informed approaches, see [SAMHSA's Trauma-Informed Care Guidance via the National Library of Medicine](#)