

Promoting Safe Relationships During a Time of Collective Trauma



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Scientific research points to the presence of a stable, caring adult in a child's life as they key to building the skills of resilience.

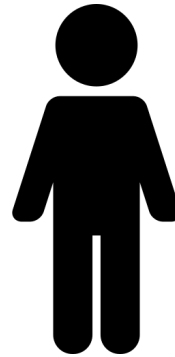
-Dr. Jack Shonkoff
Harvard University



I think that one thing adults fail to do for children is recognize that kids have stress because our stress seems so much more important.

-Charles Warner
Strong Elementary





Avoidant Attachment
Ambivalent Attachment
Disorganized Attachment



Secure Attachment

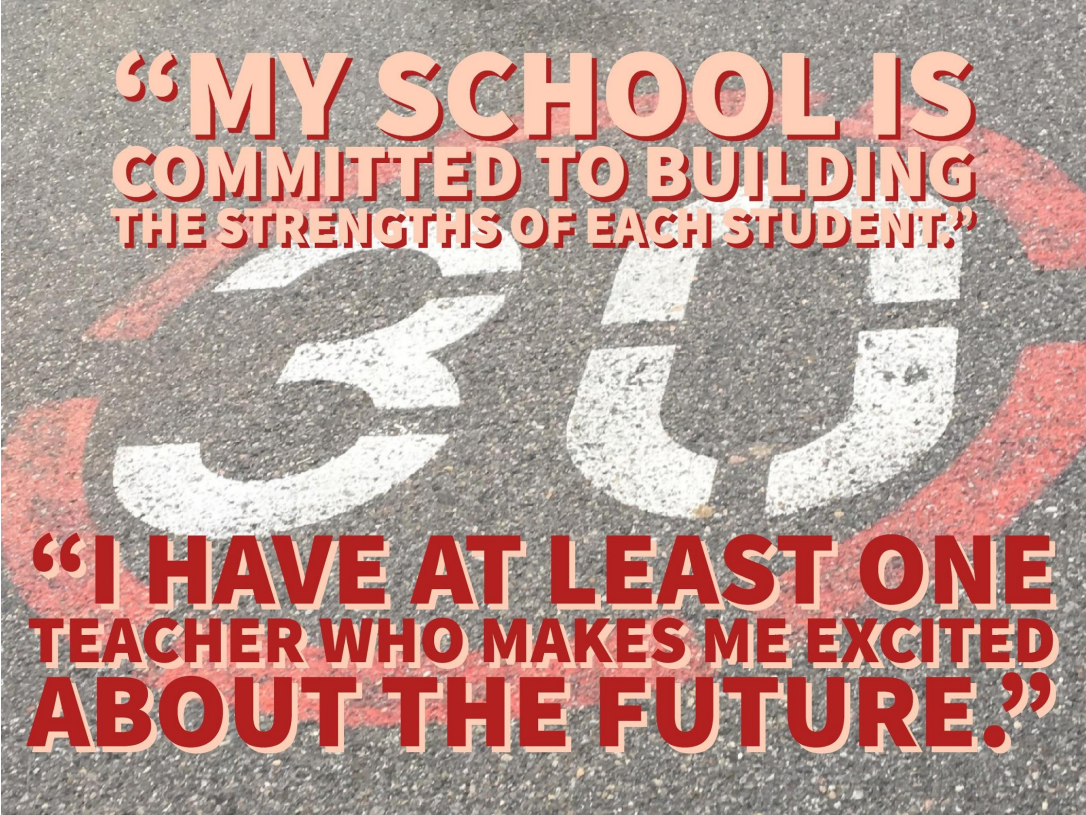


Resilience

CHRONIC DYSREGULATION



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**“MY SCHOOL IS
COMMITTED TO BUILDING
THE STRENGTHS OF EACH STUDENT.”**

**“I HAVE AT LEAST ONE
TEACHER WHO MAKES ME EXCITED
ABOUT THE FUTURE.”**

Student/Teacher
relationships
increase
engagement &
success in school
by 30 times.



ALL kids do well
if they can.

Dr. Ross Greene

NOT WON'T

...

can't



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“The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.”

- Harvard Center on the Developing Child

How can we continue to help our
community build resilience in
children and strengthen families
during this time of collective
trauma?



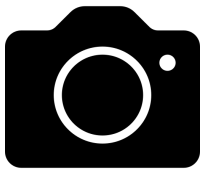
Protective Factors That Promote Resilience

External Factors

- Strong, safe relationships
- Opportunities to contribute to community
- Reasonable safe and stable environment
- Clear expectations for success
- Sense of belonging
- Access to mental and physical care

Internal Factors

- Sense of purpose
- Good health
- Hope
- Autonomy
- Impulse control
- Coping skills
- Self-regulatory skills



Protective Factors

Internal:

- Self-regulation
- Self-esteem
- Trust self
- Self-advocacy
- Recognize success

Relationships:

- Attach to a caring adult
- Develop trust for others
- Develop/maintain healthy friendships
- Work as a cooperative team member
- Show appreciation

Cognitive Skills:

- Develop decision making capabilities
- Develop problem-solving skills
- Make appropriate choices

Emotional:

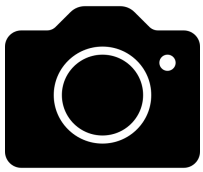
- Identify triggers that create reactivity
- Show empathy
- Express feelings

Communication:

- Listening skills
- Speak logically
- Ask for and accept help

Behavioral Skills:

- Acknowledge mistakes
- Take personal responsibility
- Accept consequences



Facets of Trust

Benevolence	Caring, extending goodwill, having positive intentions, supportive, expressing appreciation for efforts, being fair, guarding confidential information
Honesty	Having integrity, telling the truth, keeping promises, honoring agreements, having authenticity, accepting responsibility, avoiding manipulation, being real, being true to oneself
Openness	Engaging in open communication, sharing important information, delegating, sharing decision-making, sharing power
Reliability	Having consistency, being dependable, demonstrating commitment, having dedication, being diligent
Competence	Setting an example, engaging in problem solving, fostering conflict resolution, working hard, pressing for results, setting standards, buffering relationships, handling difficult situations, being flexible

Collective Trauma-Responsive Practices

Establish Routines:

- Assume their schedule has changed
- Approach with curiosity
- Be predictable - and flexible to changing times

Sense of Safety:

- Reassure students that we will return to normal
- Connect to community resources
- Highlight the good happening in your community

Relationships over Rigor:

- Establish rituals like you would have in person
- Focus on connection over content
- Allow time for students to connect with each other

Connectedness:

- Greet students by name
- Help them connect with friends
- Share gratitudes

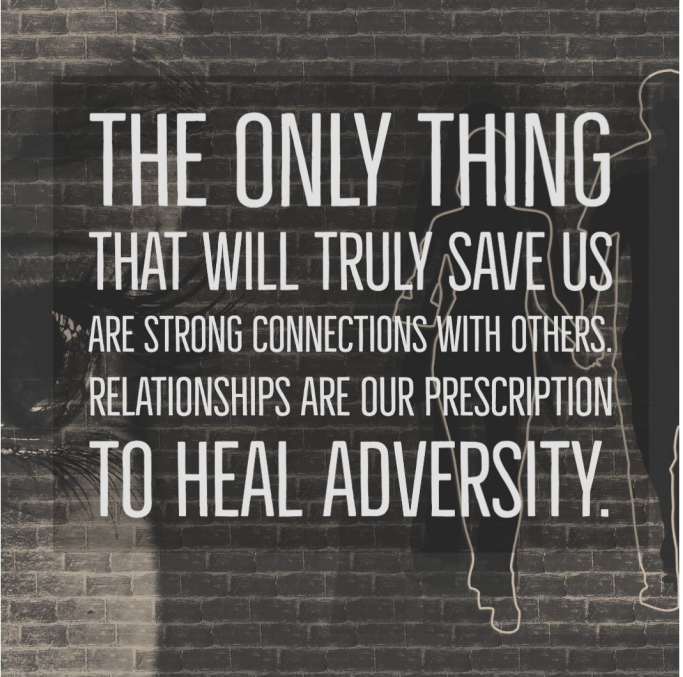
Supporting Families:

- Help buffer stress of families
- Take a team approach for shared students
- Share and connect to community resources
- Share wisely

Hope:

- Nexting
- Futurecasting
- Hope Maps
- Gratitude





THE ONLY THING
THAT WILL TRULY SAVE US
ARE STRONG CONNECTIONS WITH OTHERS.
RELATIONSHIPS ARE OUR PRESCRIPTION
TO HEAL ADVERSITY.

"The hopeful mindset sees
the future as having no
past, instead it visualizes
dreams as reality, editing
and designing the life it
desires."

-Katie Perez



If you'd like more information, please reach out to the ***ESSDACK Resilience Team***:

resilience-coaching.essdack.org

Connect with us on Facebook:
essdk.me/ERT

