

6 Key Principles of a Campus Trauma-Informed Approach

“Trauma-informed practices view victims/survivors as the experts on their own needs.” - ACHA

Safety

- Learn basic crisis intervention techniques.
- Emphasize physical and emotional safety planning in classrooms, work environments, on campus, and at campus-affiliated events.

Trustworthy & Transparency

- Create trust by providing appropriate, consistent, and on-going communication between all levels of campus personnel. Demonstrate care and compassion.
- To create and maintain trust among campus members, organizational processes, policies, and protocols should be transparent and easy to find. This includes information on confidential and non-confidential resources and reporting obligations.
- Campus employees must inform students of mandated reporting responsibilities when receiving disclosures.

Peer Support

- Provide victims/survivors access to peers (defined as those with similar experiences or who are key caregivers) for recovery and healing.
- Referrals to The Aurora Center, Boynton, SCS who have staff and support groups or departments/programs can offer listening sessions to prevent isolation.

Collaboration and Mutuality

- When working with victims/survivors and campus stakeholders, recognize the importance of providing options and shared decision-making.
- Partnerships between departments and programs should be unbiased by power differences.

Empowerment, Voice, and Choice

- Recognize the strengths of victims/survivors to provide agency and voice while providing individualized support and empowerment.
- Opportunities for empowerment may include inviting victims/survivors to serve on advisory boards, offering and reviewing climate surveys, conducting focus groups to obtain feedback.

Cultural, historical, and Gender Issues

- Campuses need to acknowledge historical trauma and experiences of victim/survivors.
- Intervention and prevention strategies on an individual and institutional level must be aware of cultural stereotypes, biases, and myths associated with gender-based violence.
- Include or consult with community members who possess cultural and historical perspectives and understand these experiences.

Adapted from: American College Health Association. (2018). Addressing Sexual and Relationship Violence: A Trauma-informed Approach. Retrieved from https://www.acha.org/documents/resources/Addressing_Sexual_and_Relationship_Violence_A_Trauma_Informed_Approach.pdf.