



**Inclusive  
Teaching  
Tidbits**

# Trauma-Informed Teaching



**OIA**

## Reflection, Approach, and Teaching Practice

August 6<sup>th</sup>, 2020

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# Trauma-Informed Design Decisions:

## When covering potentially triggering topics:

1. Provide clear **“roadmap”** for content coverage upfront.
2. Provide clear **expectations for engagement** (with material and other learners).
3. Provide **multiple engagement options**.
4. Allow judgement-free **option of working individually** during small-group work.
5. **Do not force students** to report-out (cold-calling, sharing personal experiences, etc.)



# Three options for engagement:

**Option 1:** Self-Care for Educators: “Put on your own oxygen mask before helping others”

**Option 2:** Small, Practical Tips and Tricks: Select 3 and consider how to integrate into your class

**Option 3:** Self-Assessment: Creating Trauma-Informed Teaching and Learning Environments

- Janice Carello, PhD, LMSW, Edinboro University  
[Trauma-Informed Teaching and Learning](#)

## **Keep in mind:**

1. What are you already doing that is in alignment with trauma-informed pedagogy?
2. If you are not a trained counselor or social worker, do NOT step into those roles for your students.



Questions?

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