

MY PERSONAL RISK AND RESILIENCE FACTORS

- ❖ Think about your personal risk and protective factors. How does this impact your work with youth?

- ❖ What can they learn from you?

MY ACTION PLAN

- ❖ One activity I will complete to learn more about the impact of trauma, or specific actions for my community school:

- ❖ One strategy I can bring back to my community school to help increase awareness of, and response, to trauma:

- ❖ National & local resources for trauma-informed practices
 - o National Child Traumatic Stress Network (www.nctsn.org)
 - o Aces Too High (<http://acestoohigh.com>)
 - o Look Through Their Eyes (<http://lookthroughtheireyes.org>)