

## **MY PERSONAL RISK AND RESILIENCE FACTORS**

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

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- ❖ What can they learn from you?

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## **MY ACTION PLAN**

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

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

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