Relationship Education: A Trauma-Informed Approach for Youth

Closing Thoughts

**Kristen Plastino:**

**Number 1:** Remember that every behavior is truly a way to communicate with you.

We hope you can take things with you that we have said today regarding baggage and pictures. You should plan that you could trigger someone. You don’t know.

Every behavior is communication so really consider that. Think about trusted adults and how the youth may not have many or any.

**Number 2:** Instead of being furious be curious

Why are they having that behavior? What happened to them before? What are they trying to tell me? Having that curious mind is so important.

Being curious not furious has brought peace in my house. Be quiet and listen. Adults try to fill the quiet times. Adults can’t solve all of the youth’s problems. We need to be quiet and listen. Another thing is don’t judge what they are doing.

**Number 3:** Remember to take care of yourselves. This is one thing we forget about. This is hard work and emotionally taxing.

Hats off to you who do Trauma Informed Care.

**Jennifer Todd:**

I have a motto that we use on our team. “Bring your calm before the chaos.” You never know what you are getting into as facilitators. We never know the environment and how we will interact so be that calm with the chaos.