

## ACTIVITY #3: RECOGNIZING TRAUMA—PARTICIPANT HANDOUT

---

Students exposed to trauma—particularly chronic trauma from an early age—develop survival strategies to manage traumatic experiences. Their brains and bodies adapt based on these experiences in ways that be misinterpreted by others. Trauma-related behaviors can be frustrating for adults, especially when they jeopardize a student’s success. However, these behaviors often make sense in the context of a youth’s experiences. When we put on our “trauma glasses” and consider the role trauma may be playing in how a student is behaving, we start to think and talk about students and their behaviors differently.

**Participant instructions:** Fill in the right column of your handout with alternative explanations or adjectives you would use to describe a particular student behavior when you have your “trauma glasses” on.

Trauma glasses off	Trauma glasses on
Manipulative	
Lazy	
Resistant	
Unmotivated	
Disrespectful	
Attention-Seeking	