

# PRINCIPLES FOR BEING TRAUMA-INFORMED

*By embracing trauma-informed principles,  
we can contribute to the positive transformation  
of individuals and relationships affected by trauma.*



## **Promote Awareness**

Explore trauma through training and dialogue with others.



## **Shift Attitudes**

Approach people with empathetic curiosity.



## **Foster Safety**

Focus on both physical and psychological elements of safety.



## **Provide Choice**

Ensure that there are meaningful opportunities for choice.



## **Highlight Strengths**

Emphasize strengths to enhance resilience, connection, and understanding.



*We envision a future where everyone is trauma-informed.*