

Building Trauma-Informed Restorative Schools

A trauma-informed restorative school is a school that understands the impact of trauma on students and staff, and that uses restorative practices to create a safe and supportive environment for all. Restorative practices are a set of principles and practices that focus on building relationships, repairing harm, and restoring peace. They are based on the belief that all people have the capacity to change and that conflict can be an opportunity for growth.

Trauma-informed restorative schools are different from traditional schools in a number of ways. First, they recognize that trauma is a common experience, and that it can have a significant impact on students' learning and behavior. Second, they focus on creating a safe and supportive environment for all students, regardless of their past experiences. Third, they use restorative practices to address conflict and repair harm.

There are many benefits to implementing trauma-informed restorative practices in schools. These benefits include:



Building a Trauma-Informed Restorative School: Skills and Approaches for Improving Culture and Behavior

by Margaret Thorsborne

★★★★☆ 4.9 out of 5

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Enhanced typesetting : Enabled

Word Wise : Enabled



- **Improved student behavior:** Trauma-informed restorative schools have been shown to reduce student suspensions, expulsions, and other discipline problems.
- **Increased student engagement:** Trauma-informed restorative schools create a more positive and supportive learning environment, which leads to increased student engagement.
- **Improved academic achievement:** Trauma-informed restorative schools have been shown to improve student academic achievement, particularly in math and reading.
- **Reduced teacher stress:** Trauma-informed restorative schools can help to reduce teacher stress and burnout.
- **Improved school climate:** Trauma-informed restorative schools create a more positive and supportive school climate for everyone.

Implementing trauma-informed restorative practices in schools requires a commitment from the entire school community. It is important to start by creating a shared understanding of trauma and its impact on students and staff. Once everyone has a basic understanding of trauma, you can begin to develop and implement trauma-informed restorative practices.

There are many different ways to implement trauma-informed restorative practices in schools. Some common strategies include:

- **Creating a safe and supportive school environment:** This means creating a school where students feel safe and respected. It also means having clear rules and expectations, and providing students with the support they need to succeed.
- **Using restorative practices to address conflict:** Restorative practices are a set of principles and practices that focus on building relationships, repairing harm, and restoring peace. They can be used to address conflict in a way that is both fair and restorative.
- **Providing trauma-informed professional development for staff:** It is important for all school staff to have a basic understanding of trauma and its impact on students. Staff should also be trained in how to use trauma-informed restorative practices.
- **Partnering with families and community organizations:** Families and community organizations can play a vital role in supporting trauma-informed restorative schools. Schools should partner with these organizations to provide students with the support they need to succeed.

Trauma-informed restorative schools are a powerful tool for creating safe and supportive learning environments for all students. By understanding the impact of trauma and using restorative practices to address conflict, schools can help students to heal from their past experiences and reach their full potential.

If you are interested in learning more about trauma-informed restorative schools, I encourage you to read the book "Building Trauma-Informed Restorative Schools" by Jessica Minahan and Beth Dolgoff. This book

provides a comprehensive overview of trauma-informed restorative practices, and it offers practical guidance for implementing these practices in schools.



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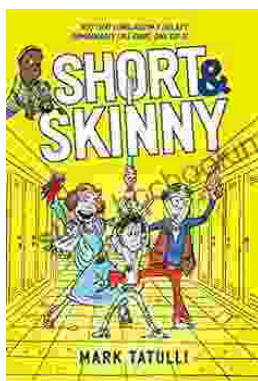
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