



## “Trauma-Informed Teaching” Video Series: Related Resources

### Episode 1: What Is Trauma?

#### Reflection Questions

1. What forms of adverse childhood experiences (ACEs) and trauma are prevalent within your school community?
2. Do students in your school display symptoms of exposure to ACEs and trauma? If so, what have you noticed?
3. What protective factors and positive childhood experiences are accessible to young people within your school community?
4. If you experienced ACEs and/or trauma growing up, what is something you could do to support your own healing?

#### Additional Resources

**[How Childhood Trauma Affects Health Across a Lifespan](#)**: In this TED Talk, Dr. Nadine Burke Harris unpacks the long-term impact of adverse childhood experiences and trauma

**[Complex PTSD From Surviving to Thriving](#)**: A book by therapist and author Pete Walker that provides helpful tools for adults who are recovering from Complex PTSD due to childhood experiences of abuse and neglect. His website also offers helpful articles and resources.

**[Number Story](#)**: A resource with information about both personal healing and professional growth as a trauma-informed educator.