

4Rs: Empower Your Students



The 4 Rs framework is a useful method for deploying a trauma-informed approach that empowers your students.

1 Realize the widespread impact of trauma.

- ✦ ACKNOWLEDGE TRAUMA
- ✦ KNOW ITS ROLE
- ✦ CHECK IN REGULARLY; ASK QUESTIONS

"What has been toughest for you about everything happening in the world this past week?"



2 Recognize how it is impacting the student.

- ✦ IDENTIFY TRIGGERS
- ✦ EMPOWER STUDENTS TO USE THEIR LEARNING BRAIN
- ✦ FACILITATE EFFECTIVE RESPONSES, HEALING



3 Respond in a way to allow students to feel heard.

- ✦ HELP STUDENTS FEEL SEEN AND HEARD
- ✦ PROVIDE DIGESTIBLE INFORMATION
- ✦ OPEN UP OPPORTUNITIES FOR STUDENT CHOICE, EXPRESSION, AND THERAPEUTIC SERVICES



4 Resist re-traumatization.

- ✦ RECOGNIZE PAIN POINTS
- ✦ ASK PARENTS AND STUDENTS WHAT WILL SUPPORT THEIR HEALING
- ✦ PARTNER WITH THEM TO CULTIVATE A TRAUMA-INFORMED SCHOOL



CREDIT: The framework, as described by Dr. Isaiah Pickens, PhD, Founder/CEO of iOpening Enterprises, is drawn from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Concept of Trauma and Guidance for a Trauma-Informed Approach.