



## 7 Steps for

# Trauma-Informed Practice

- 1** Earn our **TRUST**, we need someone in our corner.
- 2** Build peer **SUPPORT**.
- 3** Let us **EXPRESS** ourselves through art, music, poetry and film.
- 4** Let us know you're **HUMAN** with your own struggles.
- 5** Give us as much **CHOICE** and control as possible.
- 6** Stop thinking 'what is wrong with you?' and start thinking 'what is **STRONG** in you?'
- 7** **UNDERSTAND** the stigma and discrimination we face.

**BARNARD'S**

Changing childhoods.  
Changing lives.