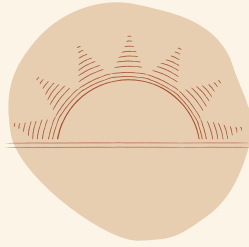# Direct Education Practices

Trauma-Informed Approaches

Fifteen AZ Health Zone direct educators shared practices they have adopted or adapted while learning about Trauma-informed approaches in 2021. Several key themes emerged from at least half of the interviewees. An overarching theme was considering their use of language with a trauma-informed lens, including practices that focused on participants' context and choices.

PUTTING A TRAUMA-INFORMED LENS ON LANGUAGE

"The idea of learning how to rephrase things to learn how to be more inclusive...I am more conscious of how I say things. That is been something that I've picked up on." -Rural educator

"I put myself in that trauma informed lens. Soda is pretty cheap, so what if that's the only thing that they have to drink? And I'm over here saying like, 'Okay, no, don't drink soda, soda is bad for you.' Changing the language, that's what I noticed the most. I love the training that I received, because now it puts me into that place." - Rural educator

I do catch myself noticing when I'm reading through the curricula how I can change certain phrases, or maybe not focus on nutrition so much, but just again behavior changes." - Urban eductor

CONSIDERING CONTEXT

- Being more aware of peoples' individual backgrounds and circumstances
- Thinking more about the communities and environments that participants come from
- "Having grace for what people are going through"

"People still need cheerleaders, but it's having a better understanding of everything that's going on and why people make certain choices." - Rural educator

OFFERING CHOICES

- Adapting lessons to be more trauma aware, including removing elements
- Placing more emphasis on choice and options
- Rephrasing messages to be more inclusive

"Moving away from like, 'This is your perfect plate, and this is how you should be eating.' More just, 'If you want to be healthy, maybe you just want to eat more fruit and vegetables,' versus saying, 'Two and a half cups, and eat a rainbow' and the whole like, diet thing." -Urban educator

Quotes have been minimally edited for clarity or length.

AZ HEALTH ZONE

COLLEGE OF AGRICULTURE & LIFE SCIENCES
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