

Bystander Intervention Level 4: Trauma-Informed Practices



The TIPs from "Trauma-Informed Practices" cover ideas for validating people's lived experiences by proactively applying trauma-informed practices as a framework in day-to-day life.

POWER-SHARING & CONSENT

Empower others to exercise their agency by validating their strength and giving them control of the physical environment.

TRANSPARENCY AND BOUNDARY-SETTING

Help to set up realistic expectations and clear boundaries by focusing on what's within your control

FACILITATE SELF- PRESERVATION

Normalize the need to be intentional about self-preservation, help locate support systems and share self-preservation ideas with others.

PREDICTABILITY AND RELIABILITY

Remember to follow through with the commitments you make and don't over promise.

VALIDATE EMOTIONS

Validate their emotions at appropriate times; don't touch anyone without their permission.

