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.

**Bystander Intervention Level 4: Trauma-Informed Practices**

**TRANSPARENCY AND BOUNDARY-SETTING**
Help to set up realistic expectations and clear boundaries by focusing on what’s within your control.

**POWER-SHARING & CONSENT**
Empower others to exercise their agency by validating their strength and giving them control of the physical environment.

**PREDICTABILITY AND RELIABILITY**
Remember to follow through with the commitments you make and don’t over promise.

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

**VALIDATE EMOTIONS**
Validate their emotions at appropriate times; don’t touch anyone without their permission.