



**HumanKIND Curriculum to educate the human heart!**  
Trauma-Informed, Social and Emotional Learning Programs for PreK-12 schools & camps.

# Top 10 Tips for De-escalation: Agenda Review

Welcome!

- A review of Trauma and Trauma-Response
- Description of “de-escalation” through the lens of trauma
- Top 10 Tips review!
- The Attachment & Trauma Network
- Free SEL digital gift on Grief - review
- Review Respectful Ways - and some news!
- Contact information



# Top 10 Tips for De-escalation: Trauma Review

## Some "Core" Perspectives:

- Everyone has a story
- All people have a want for love and belonging
- There's no place for blame or shame
- Work **WITH** students rather than doing something **FOR** them



# Trauma-Informed Practices

**Trauma is prevalent in America, no matter the upbringing**

- Covid-19 now considered an Adverse Childhood Experience (ACE)
- Misbehaviors aren't just kids trying to be difficult or hormonal.
- Won't VS Can't and Brain Development
- Do The Right Thing - Example
- Being Trauma-Responsive takes **Empathy and Compassion!** It takes a lot of heart and effort on your part to raise our next generation.

Thank you!

Source: [pacesconnection.com/](https://pacesconnection.com/)



# A Trauma-Responsive Approach:

Trauma is not just "an event" - it's what happens inside of us. It can live in the body for years and be passed onto future generations.

- A Trauma-Responsive Approach is based in brain science
- It teaches resilience, hope, healing, belief, forgiveness
- Approaching *all* students with trauma-sensitivity helps high ACE score students
- It teaches students accountability
- It teaches dysregulated students how to SELF-regulate



# Top 10 Tips: A Respectful Request...

## ...Participation!

We here at Respectful Ways are big believers in sharing thoughts and perspectives.

**TOP 10 TIPS** .....  
**For De-escalation**  
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# What is De-escalation & Trauma

Verbal de-escalation is a targeted intervention for use with a child who is at risk for aggression.

It involves using calm language and communication techniques that diffuse, redirect, and/or de-escalate a conflict situation.

Try to see these de-escalation tips through the lens of **Trauma**.



## TOP 10 TIPS ..... **For De-escalation**

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# Top 10 Tips #1: Be Empathetic

## 1. Be Empathetic:

Be supportive, be empathetic, and try to help the person through their difficulty.

Their Perception is their Reality.

\*Share examples of what *showing empathy* looks like in your classroom.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #2: Give Space

## 2. Give Space:

Stand 1.5 to 3 feet away. If you have to move closer, explain your actions.

\*Why is this? Share examples of what *giving space* looks like.



**TOP 10 TIPS** .....  
**For De-escalation**  
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# Top 10 Tips #3: Stay Calm

## 3. Stay Calm:

Keep your gestures, expressions, movements, and tone-of-voice = non-threatening.

\*Share examples of what *staying calm* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #4: Stay Rational

## 4. Stay Rational:

Saying or thinking reasonable statements like, "I can handle this." and "I know what to do." will help you stay positive during the moment.

*\*Share what staying rational looks like.*



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #5: Understand Feelings

## 5. Understand Feelings:

**Listen** to their feelings. Figure out what it is they need from the situation and help them meet that need.

*\*Share examples of what understanding their feelings looks like.*



**TOP 10 TIPS .....**

**For De-escalation**

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## Top 10 Tips #6: Ignore

### 6. Sometimes, Ignoring is best:

If a child is trying to engage in a power struggle, ignore the challenge but not the person. (Put down the rope!)

\*Share examples of what *ignoring* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #7: Set Limits

## 7. Set Limits:

Set a very simple, concise and clear expectation and stick to it!

\*Share examples of what *setting limits* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #8: Pick Your Battles

## 8. Pick Your Battles:

Only insist on the things that *really* matter.  
And when it does matter, follow through! Less is best so as not to trigger more.

\*Share examples of what *picking your battles* looks like.



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #9: Allow for Silence

## 9. Allow for Silence

Silence can be very beneficial. It can give someone a chance to process and reflect.

*\*Share examples of what allowing for silence looks like.*



**TOP 10 TIPS .....**

**For De-escalation**

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# Top 10 Tips #10: Allow Time

## 10. Allow for Time

Give a person who is upset time to process and think about what you've said. Don't overwhelm them with prompts.

*\*Share examples of what allowing time looks like.*



**TOP 10 TIPS .....**  
**For De-escalation**

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# Respectful Ways Trauma-Informed Partners

## Our Partners: The Attachment and Trauma Network (ATN)

- ATN [Website](#)
- ATN Parent [Support](#)
- ATN [Conference](#)
- ATN [Podcast](#)
- Respectful Ways is the only SEL program vetted and approved by ATN trauma-experts
- Being trauma-informed helps *all* students feel safe and comfortable to learn



# SEL & EQ TIED TO ACADEMIC IMPROVEMENTS

## **HOW DOES CHARACTER DEVELOPMENT HELP ACADEMICS:**

- Improves achievement by 11% on standardized tests.
- Students are twice as likely to attain a college degree.
- 54% more likely to attain a high school diploma.
- 46% more likely to have a full-time job into adulthood.

Source: Casel.org Illinois State University  
Loyola University

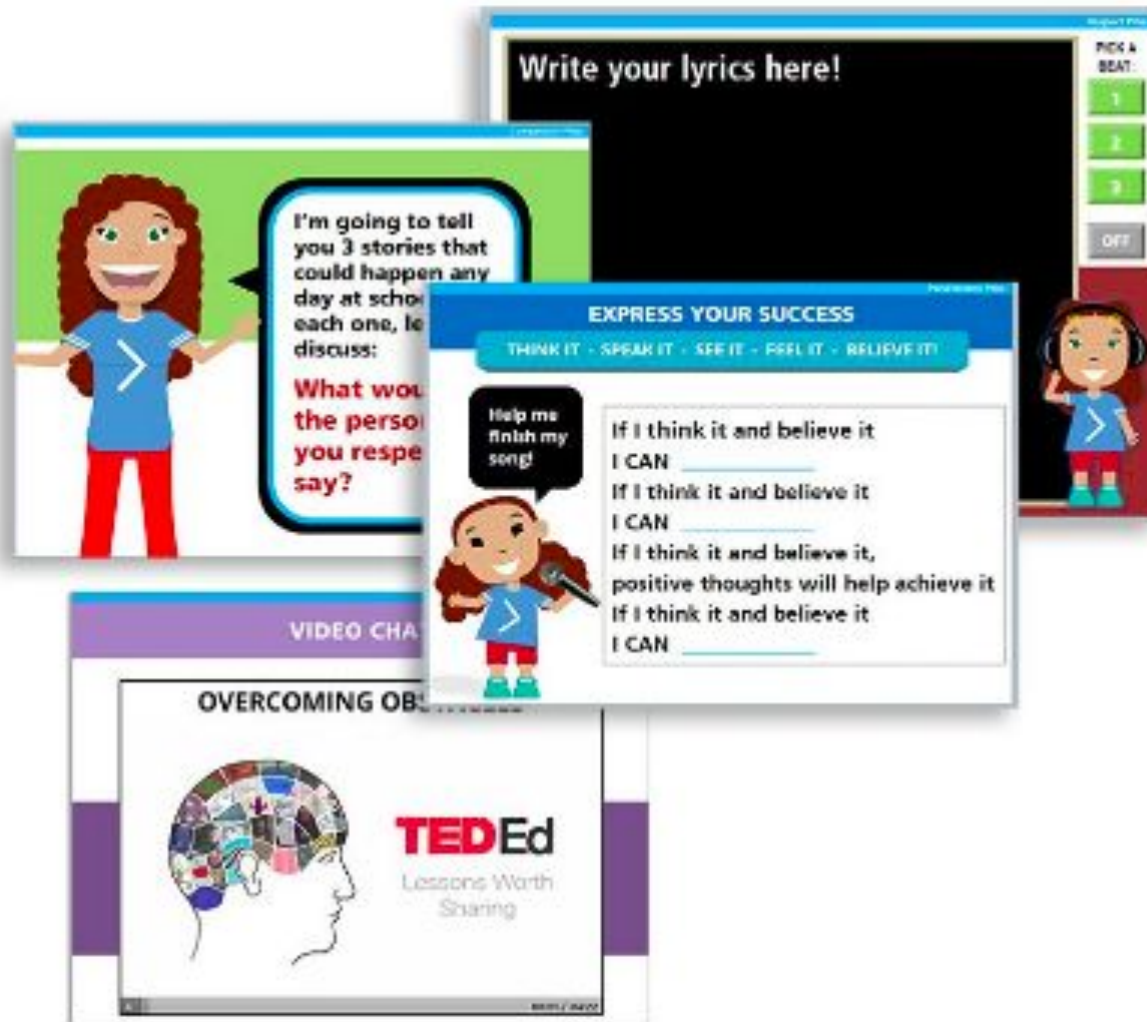
Study of 270,000 students



# Grief “I Have the Power” Series Gift

[News](#) about Respectful  
Ways!

Respectful Ways Gift:  
[Free Trauma Courses](#)



# Top 10 Tips for De-escalation: Conclusion

Each of us must come to care about everyone else's children. We must recognize that the welfare of our own children and grandchildren is intimately linked to the welfare of all other people's children.

After all, when one of our own children needs life saving surgery, someone else's child will perform it. If one of our children is threatened or harmed by violence, someone else's child will be responsible for the act.

The *good life* for our own children can be secured only if a good life is also secured for all other people's children.

~ Lilian Katz

*International Leader in Early Childhood Education*

**Thank You NV SHAPE!**



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