

**Maine Family Planning
Comprehensive Sexuality Education Conference
Trauma Chatroom Discussion Notes and Resources
April 5, 2019**

What challenges do you face with addressing this topic?

Hard to talk about trauma without triggering
Hard to create a safe space in an hour-long training
Hard to encourage empathy when it doesn't feel relevant
Can be hard for youth to manage emotions
Provider not understanding/teaching
Not enough information on the topic
Separating due to behaviors
Difference in approach
Classroom management
Can't censor what is said
Needing to be reactive
Knowing who needs what
Balance
Recognizing and addressing stimuli
Since educators are mandatory reporters, students may withhold information
Lack of privacy with youth

How is this topic relevant to teaching sexual health?

People are more aware of trauma, especially with current events
Not really addressed in curriculum
Ties in prevention and consent
Exposure to trauma
Reaching out to those with high risk behaviors
Understanding different cultures
Avoid re-traumatization
Recognizing that some people have traumatic sexual experiences
Open conversation and help youth seek support
LGBTQ Population

How can someone engage and collaborate with their community (other individuals, administration, district, outside resources) to address this topic?

School faculty knowing/becoming educated about community resources
Offering opportunities for learning and curriculum enhancement
Reaching out to community partners
Treat others as if they had trauma
Ask for support and help
Frame the lesson
Let them know that they matter
Resilience Days

Staff training
Re-entry plan for students
Work with Maine Family Planning
Coins/cards on hand in lobby

What lessons/activities/resources do you use to address this topic?

MECASA

<http://www.mecasa.org/>

Domestic Violence Resource Centers

<https://www.mcedv.org/>

Kennebec Valley Community Action Program

<https://www.kvcap.org/>

Resiliency Trumps ACES

<http://grscan.com/resilience-trumps-aces/>

Paper Tigers

<https://kpirfilms.co/paper-tigers/>

Collaborative for Perpetual Innovation

<https://cpimaine.org/>

Be Proud, Be Responsible

<https://www.etr.org/ebi/programs/be-proud-be-responsible/>

YAAPP

<https://www.yaapp.org/>

Advocates for Youth

<https://advocatesforyouth.org/>

CCSME

<https://www.ccsme.org/>