

# HANDLE WITH CARE TEACHER TIP SHEET

Handle With Care (HWC) is a program designed to enhance communication between law enforcement and schools regarding children's exposure to traumatic events. Students may exhibit academic, emotional and/or behavioral problems as a result of the event. HWC is aimed at ensuring that school-aged children who are exposed to trauma receive trauma-sensitive supports in lieu of punishment. The HWC notice indicates the student has experienced an adverse event, *it does not indicate a criminal event. It can happen to anyone!*

## Using a Trauma Sensitive Lens with Students



### THINGS I MIGHT SEE

- Over or under reaction to physical contact, sudden movements and sounds
- Poor control of emotions
- Complaints of headaches, stomachaches or fatigue
- Unpredictable or impulsive behavior
- Difficulty with authority, redirection or criticism
- Separation anxiety or clinginess towards teachers
- Decreased interest in or withdrawal from friends and normal activities



### THINGS I MIGHT DO

- Let relationships be the focus
- Develop consistent routines
- Provide daily-check ins
- Clarify expectations
- Teach coping skills such as breathing
- Provide opportunities to regulate
- Create safe, calming spaces
- Focus on your own wellness and self-care
- Create opportunities for expressing a range of emotions



### THINGS I MIGHT SAY

- "I'm here for you"
- "You're not in trouble"
- "I am concerned about you"
- "How are you feeling?"
- "Could you use a break?"
- "Let's handle this together"
- "You are not alone"
- "I care about you"
- "It seems like you are going through a difficult time"
- "Please come sit with me"



## HWC Do's and Don'ts



### DO

1. Provide empathy and sensitivity to what the student MAY be experiencing
2. Practice patience and compassion
3. Show care instead of consequences
4. Give grace-consider offering time for a quick nap in nurses office or second chances

### DON'T

1. ASK QUESTIONS-the event does not change our response
2. Don't play the role of investigator
3. Discuss HWC notification with student
4. Don't share notifications with others