Trauma Informed Approach
Content Knowledge Assessment

This assessment is based on knowledge we believe educators should know when delivering sex education to youth. Participating in the assessment will help you identify what information you currently manage as well as current knowledge gaps to address. This document consists of an assessment, an answer key for the assessment, a specific resource to address knowledge gaps for each question, and a list of general resources on the topic.

1. Trauma can _____ (select all that apply):
    a. Occur on different levels (individual, intergenerational, etc.)
    b. Prevent someone from meeting their social, emotional or physical needs
    c. Only be overcome through individual therapy
    d. Trigger a flight, flight, freeze, or appease response in the brain

2. Facilitating trauma-informed sex education is important because _____ (select all that apply):
    a. Trauma is common so there are likely to be people in sex education classes that are impacted by trauma
    b. Trauma-informed sex education will ensure people don't experience more trauma in the future
    c. People who have experienced trauma are the only ones who need trauma-informed sex education
    d. Trauma-informed sex education will improve the experience for all participants

3. The Fight, Flight, Freeze, and Appease responses occur when_____ (select all that apply):
    a. a person experiences trauma or is triggered by a traumatic experience
    b. a person's "survival brain" (amygdala) overtakes their "thinking brain" (pre-frontal cortex)
    c. a person's "thinking brain (pre-frontal cortex) overtakes their "survival brain" (amygdala)
    d. a person has a mild negative reaction to an event

4. Which of the following could be an indication a student/participant is experiencing a trauma response? (select all that apply)
    a. Becoming visibly distraught or upset
    b. Taking detailed notes
    c. Leaving the space without explanation
    d. Making a joke

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5. When a participant demonstrates a trauma response during a lesson, the facilitator should (select all that apply):
    a. tend to societal norms
    b. tend to self
    c. tend to the group
    d. tend to participant

6. How can you as the facilitator support a participant who demonstrates a trauma response? (select all that apply)
    a. discuss the trauma with the group
    b. help the participant move from survival brain to thinking brain
    c. ask the participant for details about the trauma
    d. allow the participant to remove themselves from the class

7. What do you need to know to facilitate from a trauma-informed lens? (select all that apply)
    a. A participant's previous experience with trauma
    b. The political climate of the school, group, or community
    c. Subjects that are likely to trigger you
    d. Your stress responses and how to work through them in the moment

8. Developing a trauma-informed approach when delivering lessons requires the facilitator to (select all that apply):
    a. Be calm
    b. Have tolerance for discomfort and uncertainty
    c. Be able to resolve participant trauma
    d. Model boundaries and empathy

9. Trauma-informed facilitation includes (select all that apply):
    a. Discuss the trauma with the participant
    b. Give the participant advice
    c. Identify participant needs
    d. Connect with the participant

10. Trauma informed facilitation is about creating a learning environment that (select all that apply):
    a. recognizes and responds to the impacts of trauma
    b. promotes safety and agency of all people
    c. prevents trauma from happening to youth
    d. resolves participant trauma

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Trauma Informed Approach
Content Knowledge Assessment Answer Key

Question #	Correct Answer
Question 1	a, b & d
Question 2	a & d
Question 3	a & b
Question 4	a, c & d
Question 5	b, c & d
Question 6	b & d
Question 7	c & d
Question 8	a, b & d
Question 9	c & d
Question 10	a & b

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Trauma-Informed Approach: Content Knowledge Assessment Resources

Q	Topic	Citation	Summary
1	Levels of trauma and fundamental needs	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.
		The Legacy of Trauma American Psychological Association, 2019.	Brief article describing the impacts and promising interventions to address historical trauma
		Trauma-Informed Care in Behavioral Health Services, Chapter 3: Understanding the Impact of Trauma SAMHSA, 2014	Chapter 3 is focused on understanding the impacts of trauma on different individuals
2	Creating safe learning environments and prevalence of trauma	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.
		Trauma and Its Aftermath BU School of Public Health, 2018	Brief article on the physical and mental consequences of trauma
		Guide to Trauma-Informed Sex Education (pages 6 - 19) Cardea, 2016	Concrete strategies for integrating a trauma-informed approach into sex education and includes background info on the prevalence of trauma and its effects the brain and behavior
		Processing Current Events with Teen Council Groups Peer Education Institute, 2022	Guide on facilitating conversations about challenging current events with youth

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		Creating Safe and Supportive Classrooms National Center on Safe and Supportive Learning Environments, 2018	Workbook that walks through the steps of creating safe and supportive schools
3	The body's automatic trauma responses	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.
		Flipping Your Lid Dan Siegel YouTube videos	8-minute video describing the brain's response to trauma
		Fight, Flight, Freeze or Fawn: What this Response Means Mia Bell Frothingham, Simply Psychology, 2021	Details of the body's fight or flight response
		The Body's Survival Responses: Fight, Flight, Freeze, Appease Social Strategies, 2020	1 page description of survival brain responses to trauma or danger
		Guide to Trauma-Informed Education (pages 5 – 6) Cardea, 2016	Concrete strategies for integrating a trauma-informed approach into sex education and includes background info on the prevalence of trauma and its effects the brain and behavior
4	How trauma can appear	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.

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		Guide to Trauma-Informed Sex Education (pages 5 – 6) Cardea, 2016	Concrete strategies for integrating a trauma-informed approach into sex education and includes background info on the prevalence of trauma and its effects the brain and behavior
		Fight, Flight, Freeze or Fawn: What this Response Means Mia Bell Frothingham, Simply Psychology, 2021	Details of the body's fight or flight response
		The Body's Survival Responses: Fight, Flight, Freeze, Appease Social Strategies, 2020	1 page description of survival brain responses to trauma or danger.
5	Tending to all parties when a participant exhibits a trauma response	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.
		Circles of Care: Navigating Participant Disclosures with Compassion and Skill *Linking Families & Teens (LiFT), Planned* SparkED.net, LLC	2-page handout with tips on caring for self and for participants
6	Supporting a participant exhibiting a trauma response	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.
		Empathy vs. Sympathy *Dr. Brene Brown, 2017*	3-minute video about the difference between sympathy and empathy, and how to hone the skill of empathy.

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		Guide to Trauma-Informed Education (page 12) Cardea, 2016	Concrete strategies for integrating a trauma-informed approach into sex education and includes background info on the prevalence of trauma and its effects the brain and behavior
7	Self-awareness and self-care	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.
		Grounding Plan Leslie Briner, Social Strategies 2020	Worksheet to develop your own grounding plan
		Guide to Trauma-Informed Education (pages 11, 20 – 22)) Cardea, 2016	Concrete strategies for integrating a trauma-informed approach into sex education and includes background info on the prevalence of trauma and its effects the brain and behavior
		Ten Principles of Trauma-Informed Care and Self Care for Prevention Professionals Substance Abuse and Mental Health Services Administration	Resources for Trauma-Informed practices and self-care strategies.
		The Age of Overwhelm: Strategies for the Long Haul The Trauma Stewardship Institute	A series or brief, recorded presentations on how current culture affects our emotional well-being, along with strategies and tools to shift intentions and actions
8	Trauma-informed approach	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.

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		Empathy vs. Sympathy Dr. Brene Brown, 2017	3-minute video about the difference between sympathy and empathy, and how to hone the skill of empathy.
		Trauma-Informed Practices National Education Association, 2023	Brief article describing ways to support students who may be experiencing a trauma response.
9	Trauma-informed facilitation	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.
		Guide to Trauma-Informed Sex Education (pages 6 - 19) Cardea, 2016	Concrete strategies for integrating a trauma-informed approach into sex education and includes background info on the prevalence of trauma and its effects the brain and behavior
10	Trauma in the learning environment	*Teaching from a Trauma-Informed Lens* SparkED.net	4-hour self-paced course focused on building content knowledge on the topic.
		Fundamentals of Trauma-Informed Facilitation SparkED.net	A concise, informative one pager on trauma-informed facilitation.
		Guide to Trauma-Informed Education (pages 7 – 10) Cardea, 2016	Concrete strategies for integrating a trauma-informed approach into sex education and includes background

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