



TRAUMA  
**informed**

# Trauma-Informed Program Checklist

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All new programming resources developed by BGCA incorporate the 7 Elements a Trauma-Informed Club. As a Youth Development Professional, you might find yourself running a combination of programming – some from BGCA, some that you created yourself, and some that you found online – and that’s great! However, its important to first check to see if the activities you will be facilitating with youth are trauma-informed.

Trauma-informed programming and activities are rooted in the 7 Elements of a Trauma-Informed Club. You can use this checklist to help you assess if your programming and youth activities are trauma-informed. Remember, trauma-informed practice is an organizational development approach that involves trauma-informed principles across all aspects of your Club organization and integrating the 7 Key Elements of a Trauma-Informed Club.

Trauma-Informed Program/Activity Checklist	
<b>Safety</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> The program/activity utilizes sensitive topic disclosures/trigger warnings when appropriate.</li><li><input type="checkbox"/> The program/activity consistently uses strengths-based language.</li><li><input type="checkbox"/> The program/activity consistently uses person-first language.</li><li><input type="checkbox"/> The program/activity consistently uses emotional check-ins at the beginning and throughout the session.</li><li><input type="checkbox"/> The program/activity prioritizes youth’s physical and emotional safety through their experiences.</li><li><input type="checkbox"/> The program/activity encourages facilitators to follow-up with youth who need additional support.</li><li><input type="checkbox"/> The program/activity consistently uses facilitated groupers to reduce opportunities for exclusion.</li></ul>
<b>Trust</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> The program/activity consistently uses group agreements.</li><li><input type="checkbox"/> The program/activity provides clear, succinct directions, and checks for understanding.</li></ul>
<b>Equity</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> The program/activity uses culturally inclusive examples, names, visuals, and language so that all youth can see themselves represented in the experience.</li><li><input type="checkbox"/> The program/activity does not include any cultural stereotypes, language, or ideas.</li><li><input type="checkbox"/> The program/activity includes adaptations for youth of all abilities to be able to engage in a meaningful way.</li></ul>

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<b>Empowerment, Voice &amp; Choice</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> The program/activity incorporates youth voice into planning and delivery.</li><li><input type="checkbox"/> The program/activity includes leadership opportunities – examples range from line leader to youth facilitator.</li></ul>
<b>Awareness</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> The program/activity reduces or eliminates potentially triggering or re-traumatizing experiences for youth.</li><li><input type="checkbox"/> The program/activity includes brain/movement breaks to allow youth to self-regulate.</li></ul>
<b>Mutual Collaboration</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> The program/activity provides opportunities for youth collaboration, and youth-staff collaboration.</li><li><input type="checkbox"/> The program/activity includes opportunities for youth to help solve problems, provide feedback and input, and make decisions about their future experiences.</li></ul>
<b>Connection &amp; Growth</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> The program/activity includes opportunities for peer connection and relationship building (community builders).</li><li><input type="checkbox"/> The program/activity includes family engagement activities and guidance.</li></ul>