

# Vicarious & Secondary Trauma

## Vicarious Trauma Toolkit

[This resource](#) helps organizations and schools understand the many ways that staff can be impacted by working with children who have been exposed to trauma. It includes policies and procedures that organizations can implement and a 4-step Blueprint with guidance on how to become trauma-informed. It also offers up-to-date information on risk factors and intervention studies, tools available for addressing vicarious trauma, and links to websites, podcasts, and videos.



## For Teachers: Staying Calm Amidst Chaos

[This resource](#) addresses the importance of recognizing vicarious trauma in educators, creating a sense of safety, and controlling difficult situations. It also discusses the role teachers play in our students lives and the complications that can arise when educators themselves experience stress.



## Learning for Educators

This [resource](#) provides an opportunity to learn more about secondary and vicarious trauma, including risk factors and warning signs. This resource also offers tools and strategies for educators to build a personalized self-care plan.

