# Note Catcher

## Objectives:

1. Understand how strength-based practices can counteract the effects of trauma.
2. Explore ways to understand what experiences are crucial to disengaged students.

## Reflect on Feeling Marginalized:

## Reflect on a situation where you were somewhere that you felt like you did not truly belong or knew you would fail.

## What was that like for you?

## Do you remember how that feeling might have impacted your thoughts, actions, or relationships?

## Discuss Relationship to Trauma:

Imagine feeling like you don’t belong or know you will fail every day for 180 days a year. In what ways can a feeling of not belonging affect a young person’s engagement within a school community?

## Discuss Trauma and Being Strength-Based:

Pick one thing you starred from ***What Is Strength-Based Practices’ Relationship to Trauma?***

* Why did you star it?
* What does it say to you about student actions and beliefs?

Pick one item you wondered about.

* What do you wonder?
* When students engage in “bad behavior,” what questions might they be asking about whether or not they belong?
* How can we counteract the trauma-informed voices in students that tell them they are unwanted and do not belong?

## Share Examples of Strength-Based Practices:

Think back to the initial discussions about your own and your students’ experiences of feeling rejected. Pick one or two practices that may have been effective in providing support.

* How might it help to support a current student in your class?

**Next Steps:**