

## Glossary of Trauma-Informed Related Terms

Term	Brief Definition	Associated Terms
ACES	Adverse Childhood Experiences Survey, Study initiated in 1995 that linked early childhood experiences with negative long-term health outcomes. The higher the ACES score, the more likely a survey participant is to experience more medical and social problems (e.g., ranging from illnesses to incarceration).	
Allostatic Load	Cumulative degree to which the nervous system may already be burdened by the consequences of previous experiences	
Asexual	A person who does not experience sexual attraction to people of any gender. Emotional connections are prioritized more highly than sexual connections.	
Bullying	Intimidation, harassment or targeting of an individual often tied to enacting traditional gender norms or expectations	Cyber Bullying, Sexual Harassment,
Burnout	a mental state of physical and emotional exhaustion or a stress reaction to a person's inability to cope with the demands of their occupation.	
Cyber Bullying	The use of technology to harass, target or bully another.	
Diversity	Initiatives intended to address the exclusion of those often marginalized in society. May reflect inclusion of differences related to gender, race, ethnicity, culture, heritage language, national origin, religion and/or dis/abilities, etc.	
Ethnicity	Evolves from one's family of origin developing a common cultural background and/or national origin. Generally more specific than common attributions of race. Examples of ethnicities include: South African, Irish, Italian or Southern.	Culture, Race
Gender	Socially constructed identity typically aligning as either masculine, feminine or androgynous; cisgender or non-binary	
Historical Trauma	Trauma that arises from being part of a community that has endured traumatic experiences, such as those whose ancestors were enslaved, forced to move from their tribal lands, or harmed because of their specific religious practices or beliefs.	Generational trauma

Hypothalamic-Pituitary-Adrenal Axis	A circuit that mediates stressors through complex connections among the neurological, endocrine, and immune systems; it has significant involvement in the sympathetic nervous system in its role coordinating the physiological responses to danger	HPA Axis, Sympathetic Automatic Nervous System (SANS)
Individual Variability	The concept that individuals respond differently to different potentially traumatic experiences/events based on a variety of characteristics/traits, past experiences, and/or developmental period during which the event occurs.	
Intersex	Individuals born with reproductive or sexual anatomy that does not align with either male or female characteristics (approximately 1.7% of the population according to some sources)	
LGBTQ+/LGBTQIA+	Acronym for Lesbian, Gay, Bisexual, Trans, Queer/Questioning, Intersex, Asexual, + = added to recognize the need to continually evolve to be inclusive of others	Transgender, Non-Binary, Gender, Sex, Sexual Orientation
Mandated Reporter	Any Individual who in the performance of their duties interacts with children is required to report any <b>suspected</b> abuse to a child under the age of 18. (This includes medical personnel, child welfare organizations, and school personnel.) You may be a mandated reporter in the state of Georgia.	
Mental Wellness	State of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.	
Mindfulness	A technique that encourages individual awareness of judgemental thoughts and unconscious expectations thus allowing them to turn their focus on being in the present moment.	
Racial Trauma	A type of trauma that arises due to current experiences of systemic racism and the perceived or real threats of harm based on race	Historical Trauma, Generational Trauma
Resilience	The ability to cope effectively with adversity	
Self-Care	The active practice of seeing to your own physical and mental health needs, particularly during or after a stressful event	
Sex	The biological/physical characteristics associated with being male or female (typical identification is	

	bimodal and does not reflect the existence of intersex individuals).	
Sexual Harassment	Pattern of unwanted sexual advances, may lead to hostile or uncomfortable working environments. See our related work Rahimi, R. & Liston D.D. (2012) <i>Pervasive Vulnerabilities: Sexual Harassment in Schools</i> . Peter Lang.	Bullying
Sexual Orientation	Refers to sexual attraction. One may be attracted to those of a different gender, those of the same gender, neither or both. Typical labels include “straight,” gay, lesbian, bisexual, pansexual or asexual.	
Social Emotional Learning (SEL)	Pedagogy aimed at supporting the social and emotional needs of students.	Trauma-Informed Pedagogy
Sympathetic Autonomic Nervous System	The branch of the central nervous system that activates the “fight or flight” response to situations that are dangerous or that are perceived as such.	Sympathetic Nervous System, SANS
Transgender	The term transgender has evolved to reflect better understandings of those whose experience of their own gender does not match their assigned sex at birth.	Non-Binary
Transparency in Learning and Teaching	A teaching and learning framework developed by Winkelmes (2014). The focus of the framework is to reduce barriers and inequities, particularly with regard to minoritized or marginalized students, by implementing a variety of practices that help students better understand why and how they are learning, and by making clear the “unwritten rules” of college.	TILT
Trauma	Any event experienced as traumatic can generate trauma. Trauma can be brought on by direct or indirect experiences (e.g., secondary trauma). Trauma can be acute, chronic or complex.	PTSD, Trauma-Informed Pedagogy, Trauma-Informed Care
Trauma-Informed (Pedagogy/Care) (TIP)	Trauma-Informed Pedagogy refers to educator employing the principles of TIP in their instruction. Trauma-Informed Care refers to any caring profession in which Trauma-Informed principles guide interactions with those receiving services (e.g., medical services, day care, coaching or athletics, library services, etc.)	

Trauma-Informed Teaching and Learning	<p>A teaching and learning framework developed by Carello (2020), consisting of seven principles:</p> <ol style="list-style-type: none"> <li>1. Physical, emotional, and academic safety</li> <li>2. Trustworthiness and transparency</li> <li>3. Support and connection</li> <li>4. Collaboration and mutuality</li> <li>5. Empowerment, voice, and choice</li> <li>6. Social justice</li> <li>7. Resilience, growth, and change</li> </ol>	TITL
Universal Design for Learning	<p>“a framework to improve and optimize teaching and learning for all people based on scientific insights into how humans learn” (CAST, 2021), UDL consists of a hierarchy of Principles, Guidelines, and Checkpoints that help educators understand and implement evidence-based strategies to support learners of all types</p>	UDL
Vicarious Trauma	<p>Secondary trauma not directly experienced by a person, but rather trauma resulting from repeated exposure to the traumas of others, or from working directly with those who have experienced a trauma (e.g., first responders, social workers or counselors).</p>	