



**It's On Us Workshop:  
TRAUMA-INFORMED  
PREVENTION & ACTIVISM**

# Learning Outcomes

IOU chapter members will recognize types of trauma.

IOU chapter members will identify the function of betrayal trauma among sexual assault survivors with marginalized identities.

IOU chapter members will communicate opportunities for institutional courage to their university administrators and student organizations.

IOU chapter members will list strategies for post-traumatic growth.

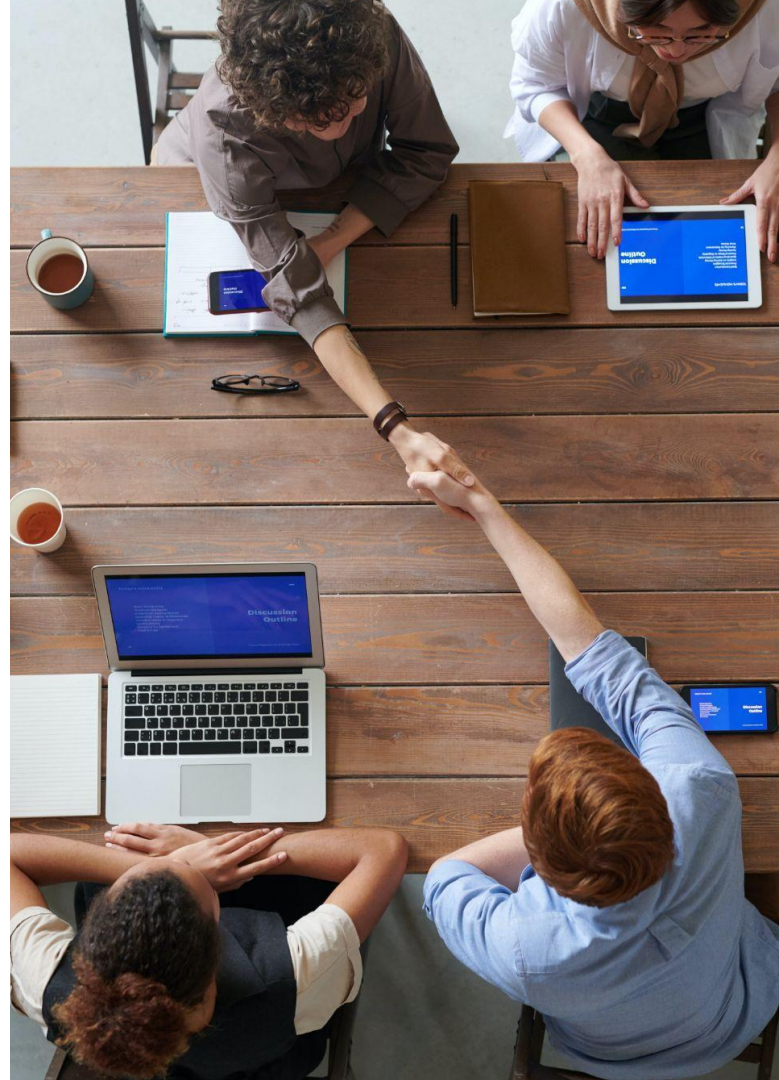
# Agenda

- Introductions
- Self-Care Check In
- What is trauma?
  - Cultural Betrayal Trauma
  - Institutional Betrayal and Courage
- Post-Traumatic Growth
- Trauma-Informed Prevention and Activism
- Toolkit Materials + Next Steps
- Self-Care Reminder
- Post-Training Survey

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# INTRODUCTIONS

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# SELF-CARE CHECK

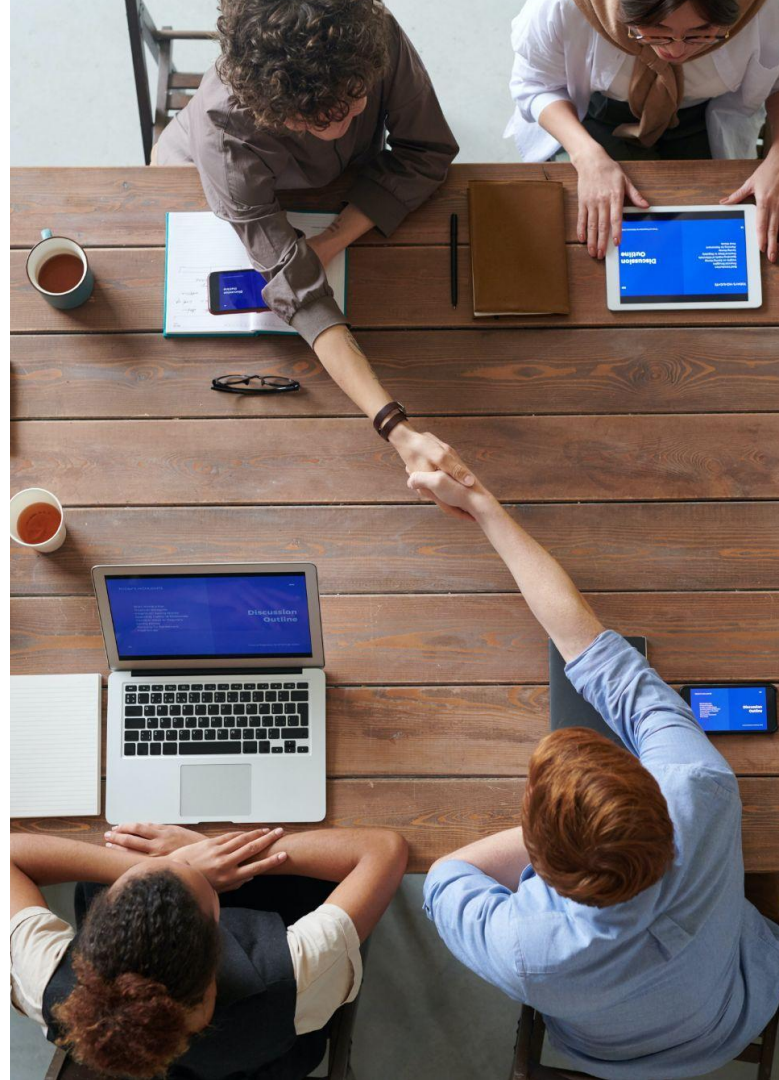
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# WHAT IS TRAUMA?

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# Trauma

Trauma is how someone responds to an emotionally distressing or life-threatening event when their ability and capacity to cope is overwhelmed.

## Trauma

Trauma occurs in experiences when a person feels trapped, powerless, and overwhelmed and there is no way to have an empowered response to deal with threat.



# Traumatic Event

**When a person  
experience,  
witnesses, or faces:**

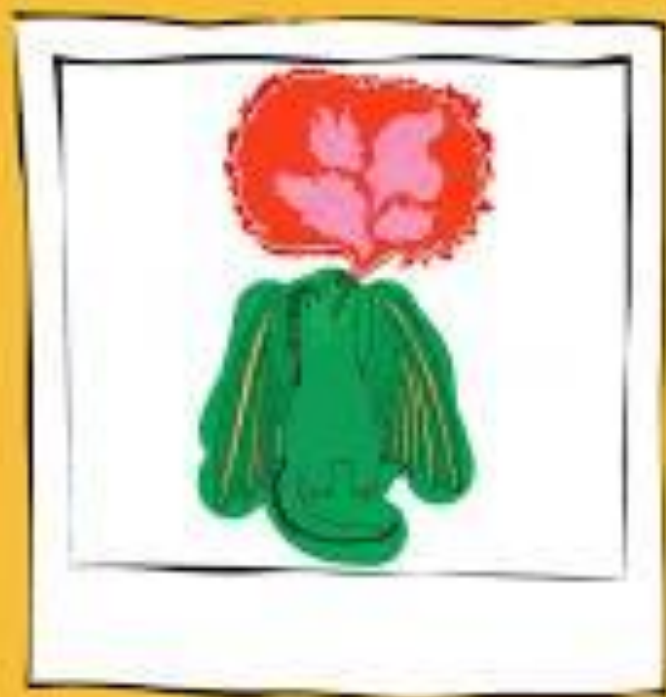
- Actual or threatened death
- Serious injury
- Threat to the physical integrity of self or another

**Responses  
may include:**

- Intense fear
- Helplessness
- Horror

**"Interpersonal violence tends to be more traumatic than natural disasters because it tends to be more disruptive to our fundamental sense of trust and attachment and is typically experienced as intentional rather than as "an accident of nature".**

-International Society for the Study of Trauma and Dissociation, 2009





**Fight**



**Flight**



**Freeze**



**Fawn**

## **FIGHT**

Irritability  
Anger  
Aggression  
Approach  
Bullying  
Moving toward

## **FLIGHT**

Panic  
Avoiding  
Perfectionism  
Chronic worry  
Rumination  
Anxiety & fear

## **FREEZE**

Stuckness  
Collapse  
Immobilization  
Spacing out  
Dissociation  
Depression  
Shame

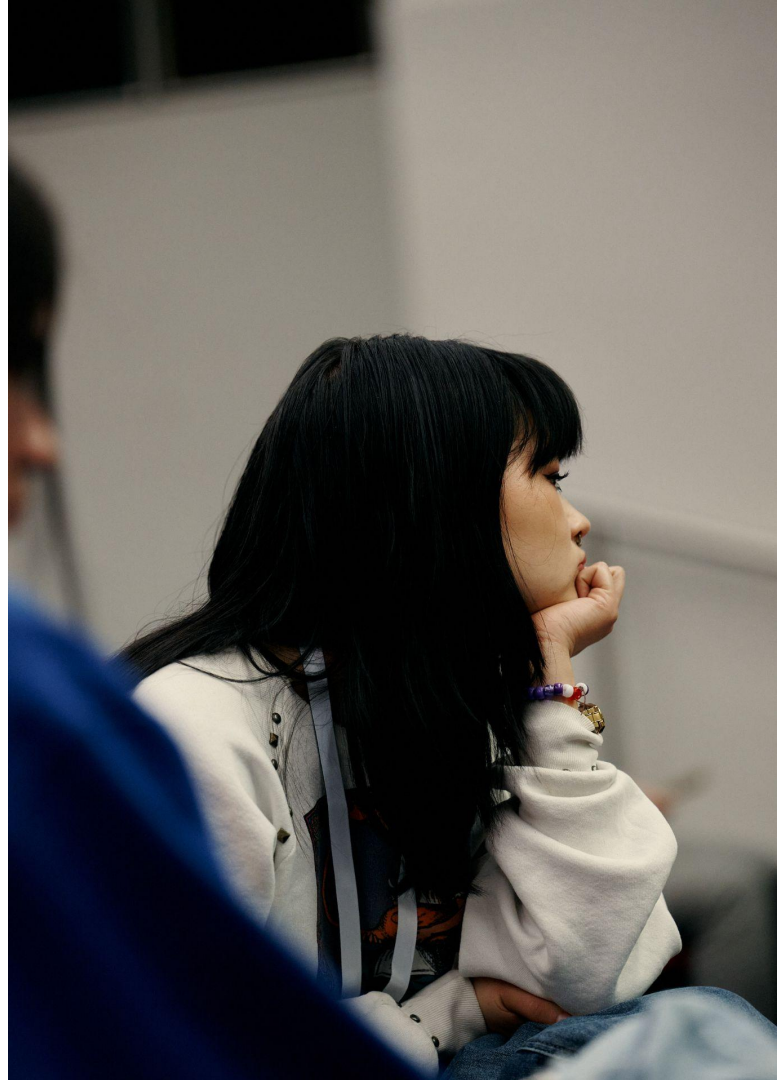
## **FAWN**

Difficulty with boundaries  
Prioritizing others only  
Difficulty saying "no"  
Identity confusion  
People-pleasing  
Conflict Avoidance  
Codependency

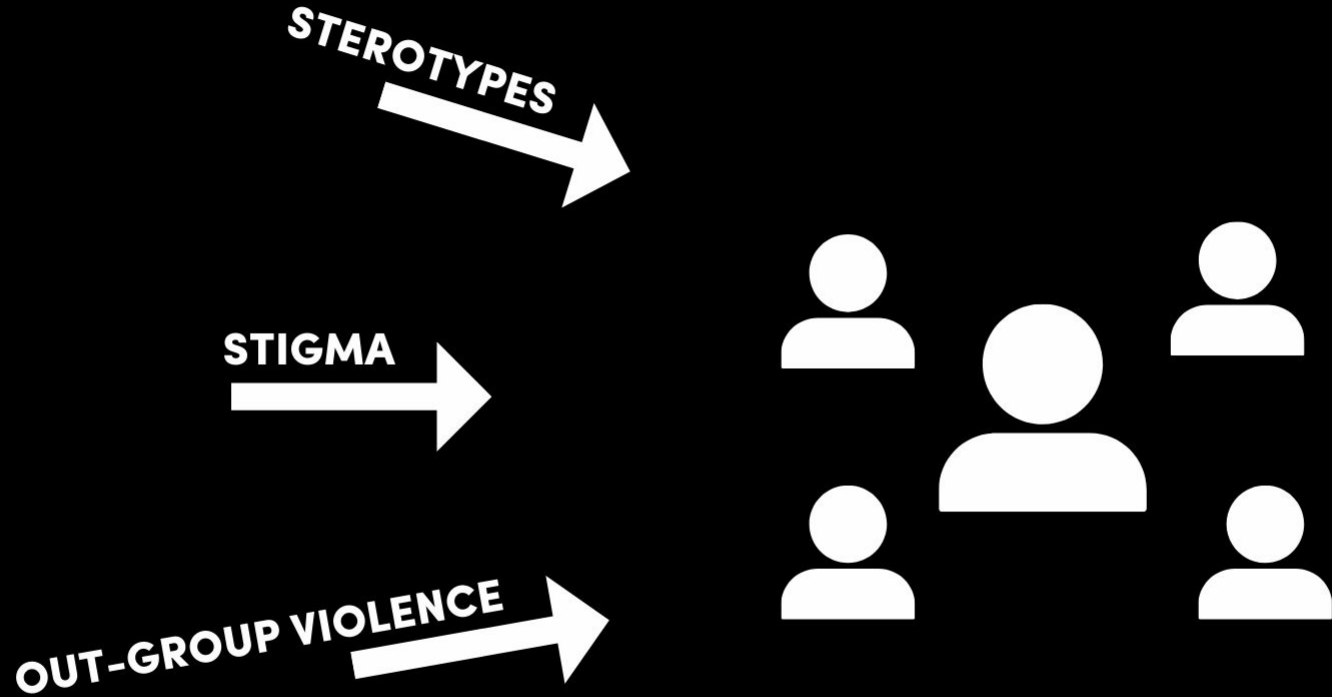
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# **CULTURAL BETRAYAL TRAUMA**

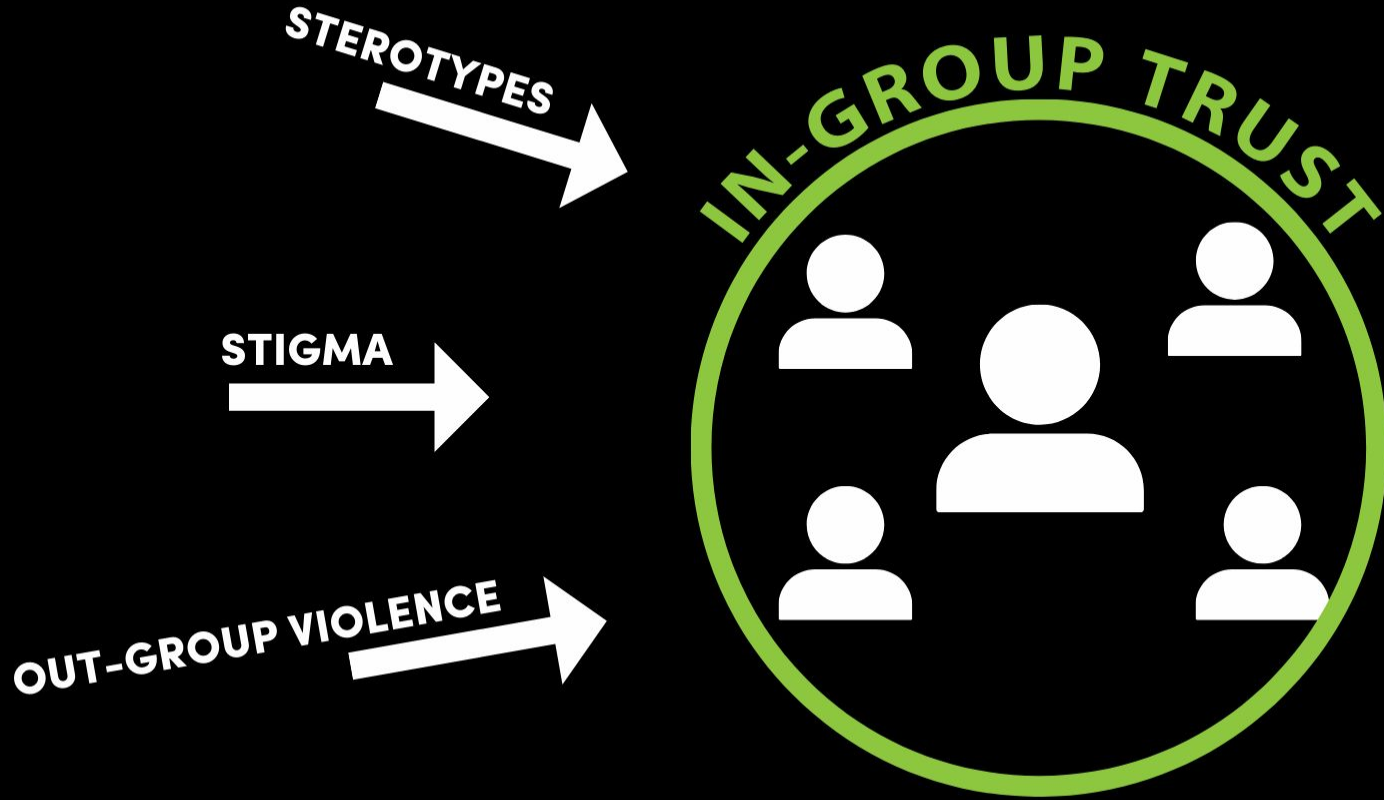
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# Cultural Betrayal Trauma

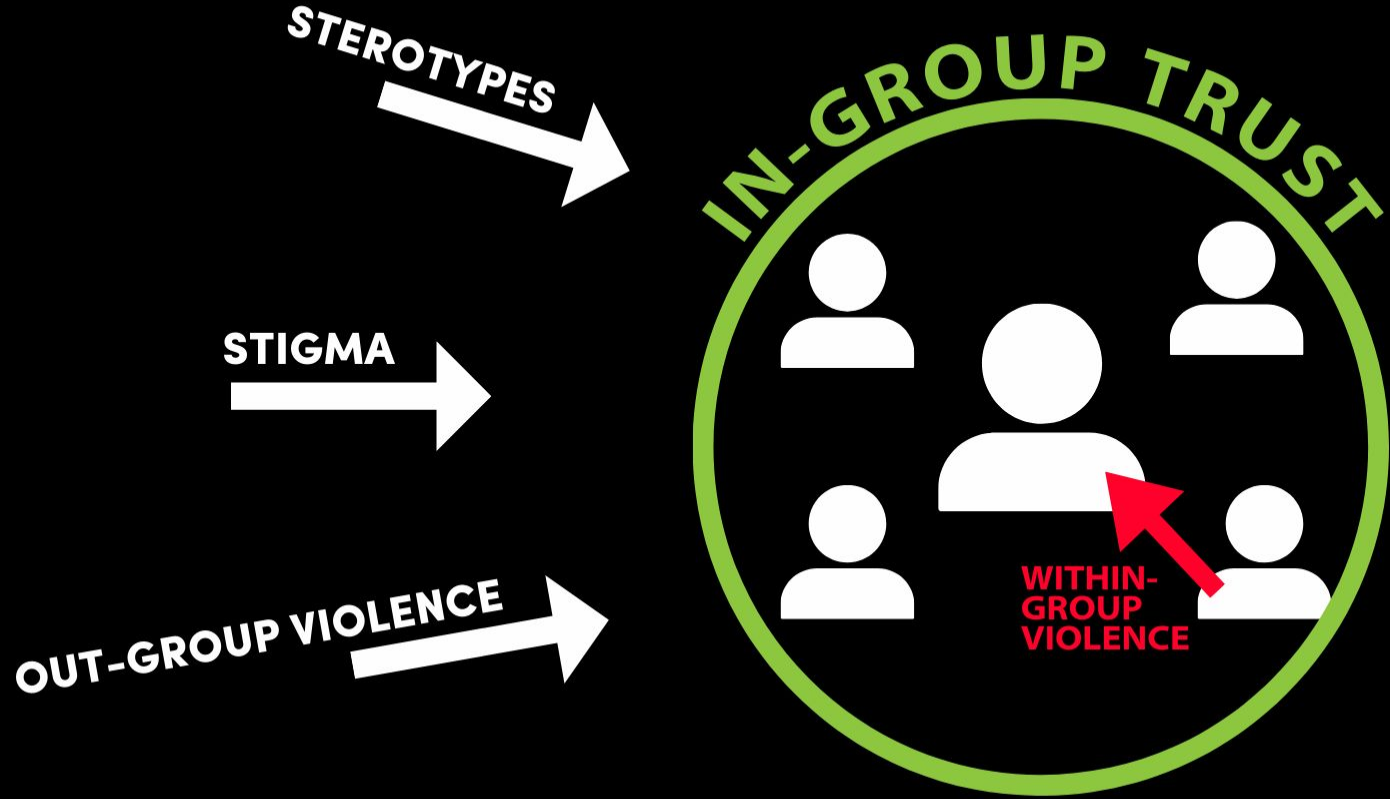


# Cultural Betrayal Trauma

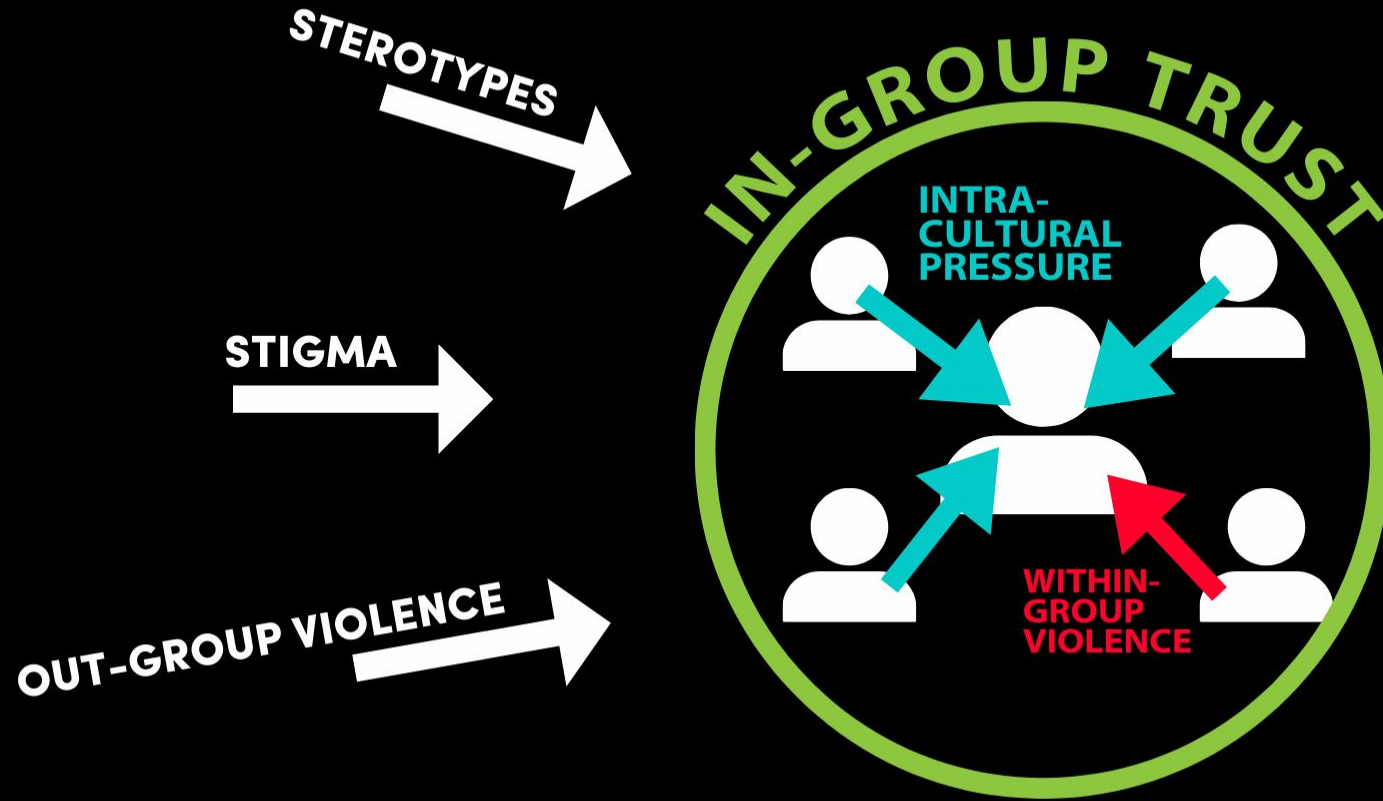




# Cultural Betrayal Trauma



# Cultural Betrayal Trauma



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# **INSTITUTIONAL BETRAYAL AND COURAGE**

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# Institutional Betrayal

When an institution causes harm to people who depend on it.  
Some institutions include:

- Universities
- Law enforcement
- Religious organizations
- Political organizations
- Companies, businesses, or other places of employment

# Institutional Betrayal Example

The institution questions a survivor's credibility, attacks them, or treats the offender as if they are the real victim.

# The Harm of Institutional Betrayal

Survivors who face institutional betrayal experience worsened trauma symptoms that can feel like revictimization.

## **Revictimization =**

To be made a victim again or be made to relive the experience of a past trauma.

# Institutional Courage

- A pledge to protect and care for those who depend on the institution.
- The institution tries to find the truth and act morally regardless of discomfort, risk, or cost.
- It values the individuals it serves over itself.

**Institutional Courage  
means survivor  
response measures  
that are...**

- Centered around the needs of survivors
- Culturally competent
- Informed by factual knowledge about trauma
- Based in evidence



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# POST-TRAUMATIC GROWTH

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### **Appreciation of Life**

Finding new meaning in small joys. More gratitude, hope, kindness, and love.



### **Enhanced Relationships**

Strengthened social ties, intimacy, vulnerability, and compassion.  
More relying on others, and a sense of belonging.



### **New Possibilities**

Shift in perspective, positive vision for the future, reprioritize values and commitments, more likely to make necessary changes



### **Spiritual Development**

Experience life at a deeper level of awareness, develop beliefs & philosophies, revise spiritual beliefs & strengthen.



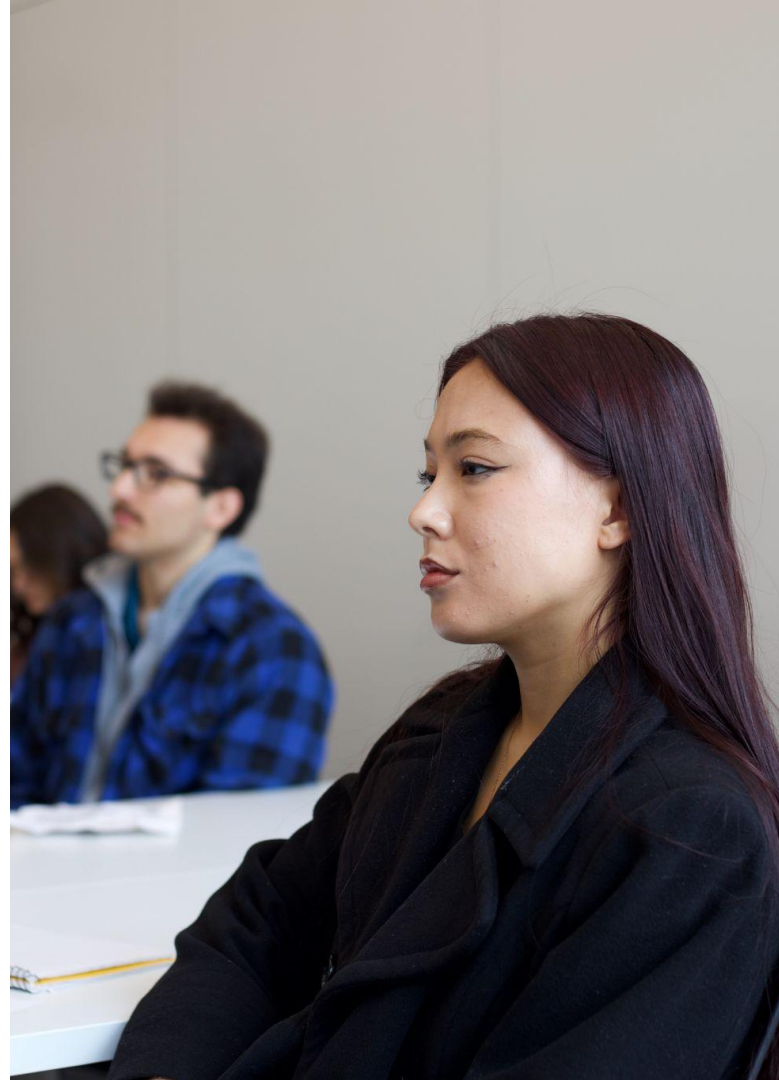
### **Personal Strength**

More empathy, self-reliance, ability to handle new challenges (resilience)

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# **TRAUMA-INFORMED PREVENTION AND ACTIVISM**

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**SAFETY**



**TRUSTWORTHINESS  
& TRANSPARENCY**



**EMPOWERMENT,  
VOICE, & CHOICE**



**PEER SUPPORT**



**COLLABORATION  
& MUTUALITY**



**CULTURAL, HISTORICAL,  
& GENDER ISSUES**

## **Remember:**

**Being a peer educator does not mean you have to be everything for survivors on your campus. Unless you are a trained survivor advocate, your role is to connect survivors with resources.**

**What to say when  
someone discloses  
to you.**

**I believe you.**

**It's not your fault.**

**You have resources.**



**It's On Us Toolkit:  
TITLE HERE**

## DAILY HABITS



- Drinking enough water
- Eating filling foods
- Getting enough sleep
- Talking to friends or family

**Taking care of basic needs is the beginning!**

## SELF-SOOTHING



- Taking a bubble bath
- Getting a massage
- Zoning out on social media
- Cooking a cozy meal
- Doing something fun with others

**Take time to tune out daily stressors.**

## MANAGE EMOTIONS



- Meditating or spiritual practices
- Exercising
- Snuggling up to a favorite movie
- Listening to calming music
- Venting to a friend

**Practice regulating your nervous system with familiar things.**

## EMOTIONAL WORK



- Journaling
- Counseling & therapy
- Reflecting
- Feeling emotions fully
- Practicing coping skills

**Work through your emotions towards healing.**

## HEALING WITH COMMUNITY



- Participating in cultural practices
- Engaging in spiritual or religious gatherings
- Group dancing or singing
- Advocacy and activism
- Group discussion or reflection
- Sharing a meal

**Intentional community with others is the ultimate path to healing!**



# Post Training Survey

NEED NEW SURVEY LINK HERE

