

# Trauma-Informed Preventative Care

shifts “what’s **wrong** with you”  
to “what **happened** to you?”

**Safety**



**Trust**



**Choice**



**Collaboration**



**Empowerment**



For more info go to [bit.ly/TIPCinfo](https://bit.ly/TIPCinfo)

## Principle

## What does this mean?

<b>Safety</b>	Create a physically, psychologically, and culturally safe environment.
<b>Trust</b>	Create predictability. Maintain consistent boundaries and expectations.
<b>Choice</b>	Provide options and involve children, young people, and families in decision-making.
<b>Collaboration</b>	Work with children, young people, and families using language they understand.
<b>Empowerment</b>	Acknowledge and validate strengths. Children, young people, and families are the experts on their own lives and experiences.