

# Trauma-Informed Middle School Grades 6-8 (Ages 11-14)

## Content Framework

Brought to you by ParentPowered, creator of 

<b>Social-Emotional Competence of Children</b>	<ul style="list-style-type: none"> <li>• Self-Awareness and Self-Esteem</li> <li>• Relationships, Family, and Community</li> <li>• Emotional Understanding and Self-Regulation</li> </ul>	<ul style="list-style-type: none"> <li>• Executive Functioning and Independence</li> <li>• Problem Solving, Conflict Resolution, and Resilience</li> </ul>
<b>Academic Supports: Knowledge of Parenting and Child Development</b>	<ul style="list-style-type: none"> <li>• Knowledge of Parenting and Adolescent Development</li> <li>• Mindsets and Modeling</li> <li>• Academic Socialization and Learning Connections</li> </ul>	<ul style="list-style-type: none"> <li>• Effective Study and Learning Skills for Math, ELA, Science, and Social Studies</li> <li>• Transitions</li> </ul>
<b>Social Connections</b>	<ul style="list-style-type: none"> <li>• Peer, Family, and Community Connection</li> </ul>	<ul style="list-style-type: none"> <li>• Home and School Partnership</li> </ul>
<b>Parental Resilience and Self-Care</b>	<ul style="list-style-type: none"> <li>• Parental Self-Care</li> <li>• Parental Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Parental Social and Emotional Learning</li> <li>• Parental Executive Functioning Skills</li> </ul>
<b>Concrete Supports in Times of Need</b>	<ul style="list-style-type: none"> <li>• Basic Needs and Job Assistance</li> <li>• Medical, Dental, and Mental Health Resources and Information</li> <li>• Addiction Treatment, Recovery and Prevention Programs</li> <li>• Violence, Abuse, and Crisis Supports</li> </ul>	<ul style="list-style-type: none"> <li>• Cultural Resources</li> <li>• Immigrant, Migrant, and Refugee Services and Resources</li> <li>• Parenting Support and Family Engagement Activities</li> <li>• School and Readiness Information and Resources</li> <li>• Family-Friendly Places and Experiences</li> </ul>

# SOCIAL-EMOTIONAL COMPETENCE OF CHILDREN

ParentPowered's Trauma-Informed curriculum is created on a continuum. Social and emotional skills are practiced and strengthened as adolescents learn, grow, and develop. The activities and strategies offered promote interactions to support adolescents' ability to build independence, a positive sense of self, emotional regulation, and critical relationship skills.

Self-Awareness and Self-Esteem	Executive Functioning and Independence
<ul style="list-style-type: none"> <li>• Building awareness of personal qualities</li> <li>• Identifying passions and interests</li> <li>• Creating opportunities for self-expression</li> <li>• Practicing positive self-talk</li> <li>• Identifying strengths and weaknesses</li> <li>• Identifying trusted adults</li> <li>• Listening to support growth and development</li> <li>• Building confidence</li> </ul>	<ul style="list-style-type: none"> <li>• Developing student agency</li> <li>• Planning and preparing</li> <li>• Flexible thinking</li> <li>• Focus and attention</li> <li>• Goal-setting and follow-through</li> <li>• Taking responsibility</li> <li>• Self-reliance</li> <li>• Advocating for own needs and self</li> <li>• Time management</li> </ul>
Relationships, Family, and Community	Problem Solving, Conflict Resolution, and Resilience
<ul style="list-style-type: none"> <li>• Identifying positive relationships</li> <li>• Identifying qualities of supportive friendships</li> <li>• Developing perspective-taking</li> <li>• Community connections</li> <li>• Opportunities for conversation and connection</li> <li>• Recognizing your circle of support</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying and solving problems</li> <li>• Coping strategies</li> <li>• Preventing, managing, and resolving interpersonal conflicts</li> <li>• Compromise</li> <li>• Advocating for self and others</li> </ul>
Emotional Understanding and Self-Regulation	
<ul style="list-style-type: none"> <li>• Identifying and managing emotions</li> <li>• Noticing others' emotional needs</li> <li>• Responding to others' emotional needs</li> <li>• Strategies for coping with intense emotions</li> <li>• Building reflective practices</li> </ul>	

# ACADEMIC SUPPORTS:

## Knowledge of Parenting and Child Development

ParentPowered's Trauma-Informed curriculum strengthens parents' and caregivers' understanding of adolescent development to help support the natural shift towards increased autonomy and independence. Parents and caregivers are offered research-based, developmentally appropriate strategies for supporting their child's learning and reaching grade-level expectations in Math, ELA, Science, and Social Studies.

Knowledge of Parenting and Adolescent Development	Effective Study and Learning Skills for Math, ELA, Social Studies, and Science
<ul style="list-style-type: none"> <li>• Navigating shift from "pilot" to "co-pilot"</li> <li>• Strengthening parent and caregiver capacity to provide academic support</li> <li>• Equipping families with information about adolescent brain development</li> <li>• Strengthening active listening skills</li> <li>• Setting developmentally-appropriate boundaries</li> <li>• Framing adolescence as a time of exciting growth, development, and discovery</li> <li>• Building and strengthening parental and caregiver advocacy skills</li> <li>• Creating routines to promote support and connection</li> </ul>	<ul style="list-style-type: none"> <li>• Building time-management skills</li> <li>• Building routines to support attendance</li> <li>• Developing capacity to reflect on learning</li> <li>• Setting developmentally-appropriate homework expectations and routines</li> </ul>
Mindsets and Modeling	Transitions
<ul style="list-style-type: none"> <li>• Growth Mindset: Focusing on process and effort</li> <li>• Growth Mindset: Mistakes as opportunities for growth</li> <li>• Maintaining a positive parental mindset</li> <li>• Sharing stories and experiences to support child skill development</li> </ul>	<ul style="list-style-type: none"> <li>• Supporting transition from elementary to middle school</li> <li>• Supporting transition from middle school to high school</li> </ul>
Academic Socialization and Learning Connections	
<ul style="list-style-type: none"> <li>• Connecting real-world applications of student learning in all subject areas</li> <li>• Seeking out opportunities for academic growth and exploration</li> <li>• Engaging in regular conversations about academics and learning</li> </ul>	

# SOCIAL CONNECTIONS

ParentPowered's Trauma-Informed curriculum strengthens parents' and caregivers' ability to seek out, build, and maintain social connections.

## Peer, Family, and Community Connection

- Identifying trusted relationships
- Building skills that support healthy, reciprocal relationships
- Identifying opportunities for social connection
- Understanding the benefits of feeling connected
- Developing routines for ongoing connection

## Home and School Partnership

- Understanding and navigating the middle school model
- Navigating school communication and expectations
- Determining your best method of communication
- Strategies for reaching out to teachers or school
- Being an advocate for your child
- Strategies for finding involvement opportunities
- Strengthening school and family decision-making partnership

# PARENTAL RESILIENCE AND SELF-CARE

ParentPowered's Trauma-Informed curriculum builds parent and caregiver capacity to manage, cope, and respond to parenting and life stressors.

## Parental Self-Care

- Recognizing the need for and positive impact of caring for oneself
- Developing self-care routines
- Understanding the importance and health benefits of body movement
- Connecting with nature
- Building healthy sleep habits
- Practicing and implementing strategies for recharging

## Parental Resilience

- Developing and strengthening reflective practices
- Increasing capacity for parental mentalization
- Increasing parental capacity for emotional regulation
- Practicing and implementing strategies to build resilience
- Building capacity for navigating daily stress and challenging moments
- Developing strategies for seeking help when needed
- Developing awareness of own needs

## Parental Social and Emotional Learning

- Building confidence
- Celebrating strengths
- Practicing and implementing stress management and coping strategies
- Being emotionally available
- Building a growth mindset
- Recognizing and acknowledging your own emotions
- Practicing mindfulness
- Strengthening positive relationships
- Strengthening personal agency

## Parental Executive Functioning Skills

- Building routines to support self and family
- Explore goal-setting strategies
- Explore organizational practices
- Increased understanding of the effects of emotional regulation

# CONCRETE SUPPORTS IN TIMES OF NEED

ParentPowered's Trauma-Informed curriculum provides direct links to nationally vetted resources and local resources in a secondary messaging stream.

## Resource Topics

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| <ul style="list-style-type: none"><li>• Basic Needs and Job Assistance</li><li>• Medical, Dental, and Mental Health Resources and Information</li><li>• Addiction Treatment, Recovery and Prevention Programs</li><li>• Violence, Abuse, and Crisis Supports</li><li>• Cultural Resources</li></ul> | <ul style="list-style-type: none"><li>• Immigrant, Migrant, and Refugee Services and Resources</li><li>• Parenting Support and Family Engagement Activities</li><li>• School and Readiness Information and Resources</li><li>• Family-Friendly Places and Experiences</li></ul> |
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