

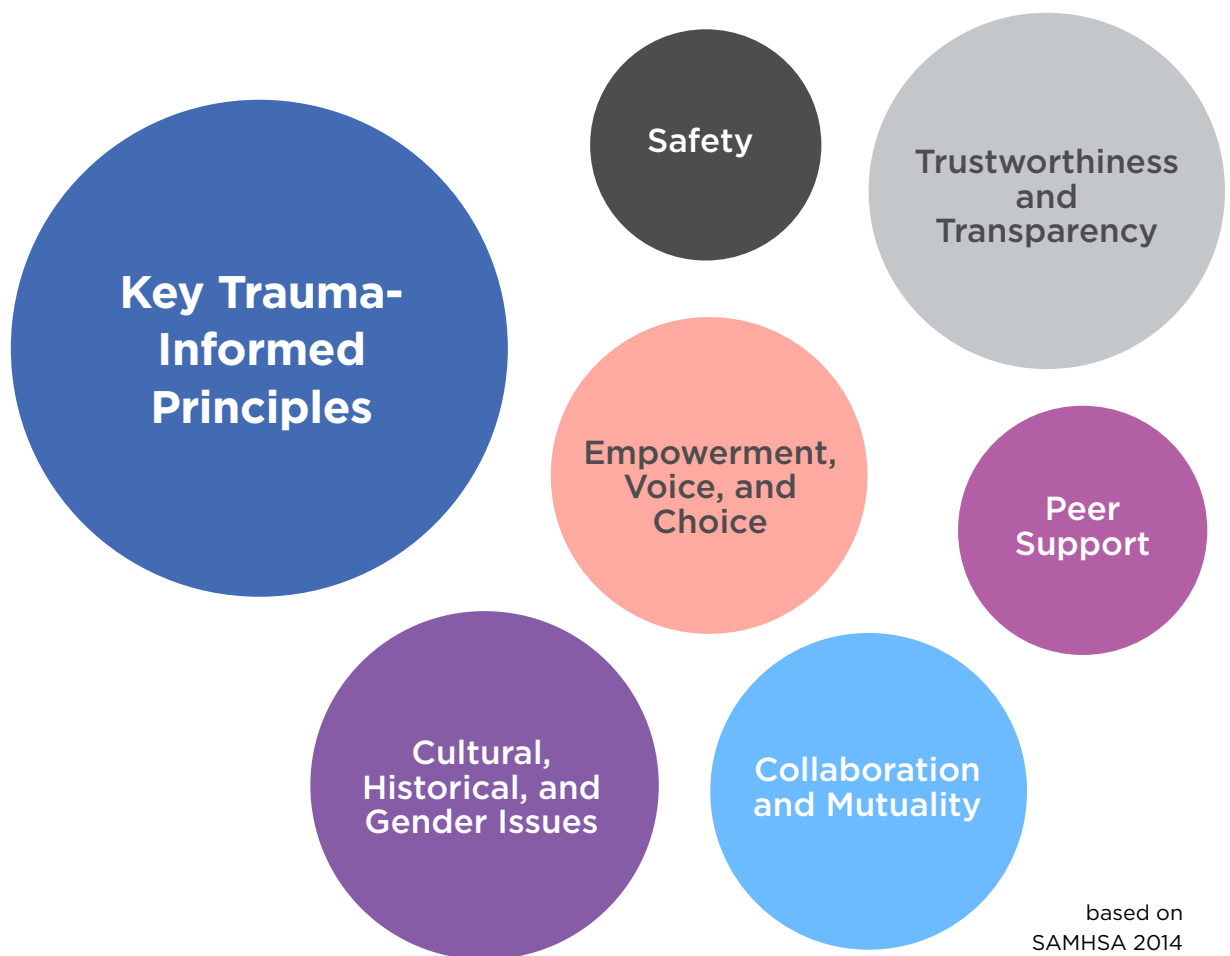
# Tip Sheet: Summary of Promising Practices

## Key Definitions:

**Digital Media Literacy:** the ability to access, use, understand, and engage with media in all forms confidently and critically.

**Technology-Facilitated Violence and Abuse:** a form of abuse or controlling behaviour involving the use of technology to coerce, stalk, surveil or harass another person.

**Trauma-Informed Approaches:** understand and are sensitive to the histories of trauma that people carry and encourage environments of well-being and safety rather than practices that may inadvertently re-traumatize.



based on  
SAMHSA 2014



## Recommended Practices

### Safety

- Confirm that participants understand key concepts including trauma and abuse.
- Establish access to supports.
- Look for signs of triggers and re-traumatization.
- Review de-escalation techniques.
- Set up the space with safety in mind.
- Allow more time for debriefs if needed.

### Trustworthiness and Transparency

- Confirm participants understand the workshop purpose and agenda.
- Set expectations and boundaries.
- Check in regularly, allow for breaks when needed.
- Be honest and transparent including when you don't know something.

### Peer Support and Collaboration

- Allow space and time for building relationships.
- Allow participants to first assess and express their needs.
- Collaborate with participants to make decisions where possible.

### Empowerment

- Allow participants to make choices.
- Affirm and validate participation.
- Ask questions that encourage resilience such as: “What thoughts or actions give you hope?”

### Cultural Humility

- Maintain awareness of identities, their intersections and how they may impact participants' trauma and participation.
- Be respectful and open to different cultural approaches and ways of knowing.
- Avoid assumptions and generalizations of different identities.
- Use inclusive language and approaches.

### Remote Facilitation

- Confirm participants are in a safe space and can protect their online safety and privacy.
- Make use of online features such as registration and breakout rooms to promote participant safety.
- Consider how your body language and environment may come across to participants.
- Debrief and send follow-up email with workshop materials, resources, and supports.

## Resources for Further Information

- SAMHSA on [Trauma and Violence](#) and [Trauma- and Violence-Informed Principles](#)
- [Tech Safety Canada](#)
- [Implementing Trauma- and Violence-Informed Care: A Handbook](#)
- [Trauma-Informed Self-Assessment for Facilitators](#)