

TRAUMA INFORMED

College Statement of Commitment

At St David's College, we are deeply committed to creating a trauma-informed environment that promotes dignity, healing, resilience, and growth for all members of our community. We recognise the significant impact of trauma on individuals' lives and understand that a compassionate and understanding approach is essential to support our students and staff on their academic and personal journeys.

As a Catholic institution we believe that all are created in God's image, thus there is an innate dignity of every person, independent of ethnicity, creed, gender, sexuality, age or ability. No human being should have their dignity compromised. A central tenet of our mission statement is "seeking to discover and realise the full potential of all in an atmosphere of love, service and respect". This informs all of our actions and particularly our concern to create a trauma-informed environment for learning.

With this commitment, **we pledge to:**

- **Prioritise Safety and Well-Being:** Ensure the safety and well-being of our college community members by fostering an atmosphere of trust, respect, and open communication. Recognising the dignity of all.
- **Cultivate Empathy and Understanding:** Promote empathy and understanding in all interactions, recognising that each individual's experiences and needs are unique.
- **Embrace Diversity and Inclusion:** Celebrate diversity and create an inclusive environment where every voice is valued and respected.
- **Foster Resilience and Strengths:** Empower our students and staff by nurturing resilience and recognising and building upon their strengths and capabilities.
- **Implement Trauma-Informed Practices:** Integrate trauma-informed principles into our policies, programs, and teaching practices to create a supportive and nurturing learning environment.
- **Educate and Raise Awareness:** Educate our college community about trauma, its impact, and the importance of trauma-informed care.
- **Provide Access to Support Services:** Ensure access to spiritual and mental health resources and support services that cater to the unique needs of all.
- **Continuously improve and adapt:** Regularly assess our trauma-informed initiatives and actively seek feedback to continually improve our approach. We will strive to support the ongoing spiritual, social and emotional development of all in our community.

By adopting this trauma-informed commitment, we strive to create a college environment that empowers individuals to thrive academically, emotionally, spiritually and socially, and to embrace lifelong learning and growth.