A shift from traditional language to a trauma-informed description of vulnerable individuals can create...

...compassion instead of blame; hope instead of hopelessness and connection rather than disconnection.
What we say...
"Unacceptable Behaviour"

What’s really going on...
"Understandable Behaviour"

What we say...
"Avoidant"

What’s really going on...
"In ‘flight’ survival mode"

What we say...
"Defiant"

What’s really going on...
"In ‘fight’ survival mode, coping with a threat"

What we say...
"Aggressive"

What’s really going on...
"Frightened"