**A Trauma-Informed Approach for Cultural Intelligence and Healing**

The trainer, Brandon Jones, expressed that the phrase ‘cultural healing’ is a helpful framework for developing how we engage with young people. The following activities are designed for you to continue this conversation at your workplace and enhance your learning.

**Activity #1**

Of the 6 Guiding Principles (see the Racing Aces Handout), which do you think would be most helpful for you to learn more about? Pick that one, and after each shift with young people, write a short journal entry about how you tried to let that principle guide you in an interaction with a young person. Write about whether it seemed to help, how the young person responded to you, and what more you could have done to better reflect that principle.

**Activity #2**

In the Racing Aces Handout, the 3rd slide shows a continuum from Trauma-Inducing to Trauma-Reducing characteristics. Where are you most of the time on this continuum? Where would you place your organization? What could your organization do to move further into the Healing Organization category?

**Activity #3**

Explain in writing, and then verbally to another person, how cultural oppression relates to adverse childhood experiences as reflected in the first slide of the Racing Aces Handout.