

## Trauma-Informed Discipline: Guidance and Resources for Disruptive Behavior

The [Trauma-informed Discipline Guide for Educators](#) was created in compliance with [Tenn. Code Ann. § 49-6-4109](#), which directed the department to develop guidance on trauma-informed discipline practices for districts. This companion resource guide highlights resources across the state for managing disruptive student behavior through a trauma-informed lens.

**Disruptive behavior** in the school setting commonly refers to a pattern of unruly, defiant or aggressive actions that significantly interfere with daily classroom functioning. It can be characterized by behaviors that negatively impact the classroom learning environment and the students present.

### Resources

#### **Understanding Student Behavior:**

- [TN Department of Children's Services | Building Strong Brains](#)
- [The Sycamore Institute | Tennessee County Health Profiles](#)
- [Center on the Developing Child at Harvard University | ACEs and Toxic Stress: Frequently Asked Questions](#)

#### **Prevention and Capacity Building:**

- [Incorporating Social & Personal Competencies Into Classroom Instruction](#)
- [Becoming a Trauma-Informed Leader](#)
- [Becoming a Trauma-Informed Teacher](#)
- [CDC | Promoting Healthy School Communities Through Restorative Practices](#)

#### **Intervention Strategies and Implementation Supports:**

- [Tennessee Technical Assistance Network \(TN-TAN\)](#)
- [Tennessee Tiered Supports Center | Implementation Resources](#)
- [Vanderbilt TRIAD - Free Training Opportunities for Educators](#)
- [Promoting Mental Health and Well-Being in Schools: An Action Guide for School and District Leaders](#)
- [The Center For Safe and Resilient Schools and Workplaces](#)
- [Crisis Prevention Institute | Effective Verbal De-escalation Techniques](#)
- [Character Strong](#)

#### **Additional Guidance, Tools, and Supports from the Department:**

- [Comprehensive School Mental Health Guide](#)
- [Conflict Resolution Guidance Document](#)
- [De-Escalation Training](#)
- [Behavior Resources](#)
- [Best for All Central](#)
- [Building Community in the Classroom through Morning Meetings](#)
- [Peer to Peer Conflict Resolution Quick Reference Guide](#)
- [Positive Childhood Experiences: Planting Seeds to Promote Family-Centered Student Mental Health](#)

#### *Disclaimer:*

*The above resources and links are for informational purposes only and do not represent official policies, procedures, or guidance of the Tennessee Department of Education (department). The department bears no responsibility for the accuracy, legality, or content of the external sites. Educators and families are responsible for reviewing and determining the appropriateness of resources for their students and communities. It is recommended that all content be carefully evaluated to ensure alignment with student needs.*