

## Developing trauma informed environments *(Part 2)*

**A key part of taking a trauma-informed approach is developing relationships through safety, trust, choice, collaboration and empowerment.**

Together with the Youth Justice Team, we have worked to develop some useful ideas on what we could do to strengthen these elements both in our relationships within work and with young people. Over this series of documents we will look at each element in turn. This month we will look at Trust.

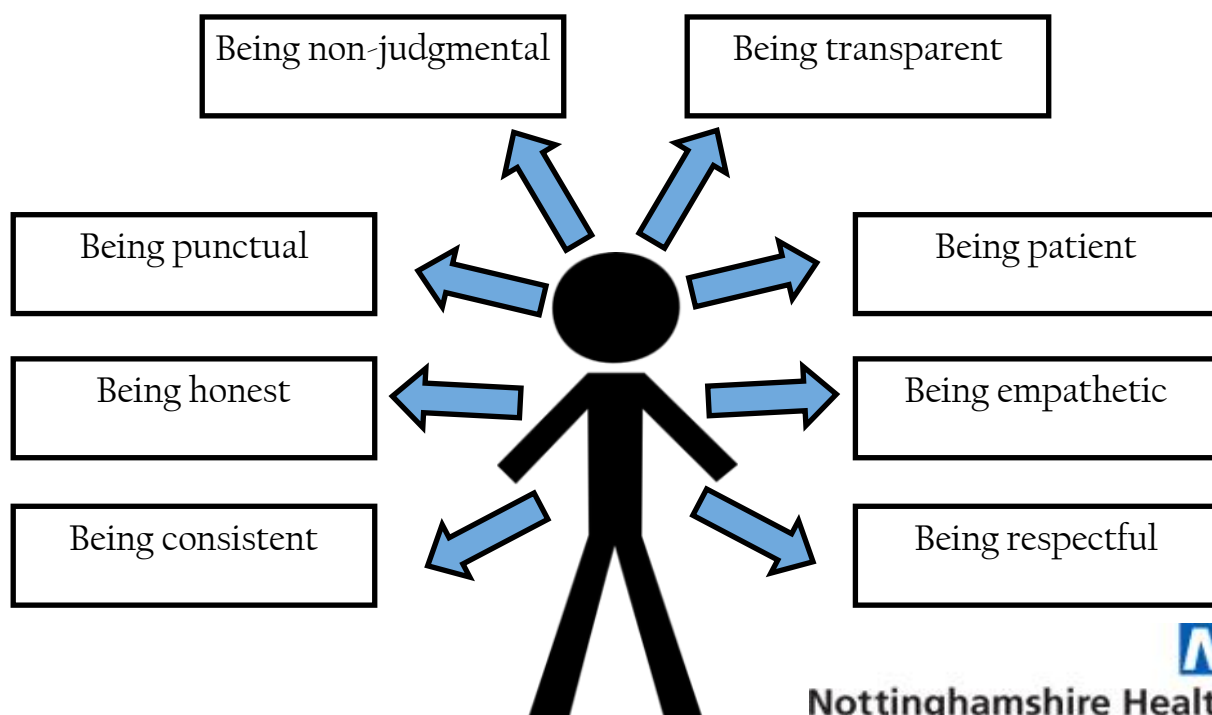
### Trust

Trust first develops in our early relationships with our caregivers. It is an essential building block to how we make relationships with others and in turn how we make sense of the world.

**Without having people around us that we can trust, the world can seem a very dangerous place.**

### What makes a trustworthy person?

There are certain characteristics which can aid the formation of trust in a relationship with a young person. Some of these attributes may be:



# Ideas on how to strengthen the element of trust in our working relationships

It is important to consider the ways in which to build trust within your working relationships. Here is some of our tips and advice that you may find useful.

Don't place pressure on the young people to disclose information that they are not ready to share.

Share and agree clear expectations of each other and any staff members involved.

Outline your role, responsibilities, limitations and boundaries whenever this is relevant.

Be open and engaged within your working relationships. Consider using appropriate self disclosure.

Explain your responsibility to maintain confidentiality.

Show that others' wellbeing and success is important to you.

Ensure that people feel comfortable whilst being seen.

Be genuine in your style of interaction.

**Be patient in your approach. Remember trust doesn't build overnight. Our relationships with young people will frequently be tested. It will be through weathering these ups and downs that trust strengthens.**