



Dear Parents, Educators, Service Providers, Business and Community Leaders,

**The Be the One campaign offers a practical first step in becoming a trauma informed school, organization, or individual.** Based on resilience research, the campaign raises awareness that what we say and do does matter and EVERYONE plays a role in creating positive, nurturing spaces and places.

Be the One honors the idea that being trauma informed is not a destination but a journey. Trauma can be structural, historic, institutional and individual making it complex. Therefore, finding a starting point on the journey to being trauma informed can be daunting. The Be the One campaign addresses the complexity of trauma with simplicity and offers an inclusive, accessible, and flexible starting point. The campaign is easily tailored to meet the needs of your family/school/organization/community. You and those in your community can create Be the One action items, link them to trauma informed principles, define the outcomes you wish to see and by when and then work toward those goals through daily actions and interactions.

The following link offers instructions on how to use the Be The One campaign to create a training. The link includes a Be the One: Trauma Informed and Transformed PowerPoint, the Be the One Guide, A Be the One activity sheets and a Start, Stop, and Continue template. Directions on how to use these tools to a create a staff development training are included under the “Be the One Toolkit” heading.

**Information can be found at: [www.betheoneyolo.org](http://www.betheoneyolo.org)**

**It is our collective responsibility to take a step toward being the one for others and creating healthier more resilient communities for all.**

We wish you well on your path to being trauma informed and transformed. Please email us with updates and questions, ideas, suggestions.

Wishing you all the best,

Resilient Yolo/Be the One  
[info@betheoneyolo.org](mailto:info@betheoneyolo.org)

## How to use the **Be The One** Guide



### As a group:

- 1 Go through the Be the One: Trauma Informed and Transformed PowerPoint
- 2 **Ask each person to read the BTO Guide** (This can be done individually or taking turns as a group.)
- 3 **Ask each person to list examples** of how he/she/they can Be the One at home, at work, in his/her/their neighborhood/community.
- 4 **Pair off and share ideas with another person.** Each person takes a turn sharing his/her/their ideas and listening to the other person.
- 5 **Transform each work example into an action item.** Have each pair create a shared list of action items related to work
- 6 **Complete Worksheet #2** by thinking about the impact you hope to create and the outcomes you want to see.
- 7 **Take turns sharing each pair/small group's ideas with the larger group.**
- 8 **Record ideas on easel paper.**
- 9 **Read the group list aloud and invite the participants to choose their top five Be the One action items.** Give each participant five stickers and ask them to place their stickers on his/her/their favorite action items. Record the items that received the most stickers. The top five ideas are your groups Be the One Action Items.
- 10 **Start, Stop, Continue.** Read the Top 5 BTO List and ask each person to write down (Worksheet #3) what they will start doing to put the ideas into action, what they will stop doing (things that might impede progress), and what they are already doing and plan to continue.
- 11 **As a follow up the meeting,** create a flyer/poster/document with the shared BTO's and send it to the group, post it in common spaces, use it as a matrix to measure progress in becoming trauma informed. Consider revising it annually as your school/organization continues to grow. Expand your circle of BTO influence from work into the community. Celebrate and value progress.

# Be The One Guide Worksheet #1



## Part 1

Write examples of how you can Be the One in each category

**SELF**

**HOME**

**WORK/SCHOOL**

**NEIGHBORHOOD**

**COMMUNITY**

**ONLINE**

## Part 2

Link Be the One Action Items with one or more Trauma-Informed Principles. Look at the list of Trauma-Informed Principles and your list of Action Items and match them. Write the initials for the principle that most closely matches your action item. Each action item may have one or more principle linked to it.

**Six Key Principles of  
Trauma Informed Approach**

(Source: SAMHSA)



**1**

**SAFETY (S)**

**2**

**TRUSTWORTHINESS  
& TRANSPARENCY (T&T)**

**3**

**PEER SUPPORT (PS)**

**4**

**COLLABORATION  
& MUTUALITY (C&M)**

**5**

**EMPOWERMENT  
& VOICE AND CHOICE (EV&c)**

**6**

**CULTURAL, HISTORICAL  
& GENDER ISSUES (CHGI)**



**Be The One Guide**  
**Worksheet #2**



**List  
Be the One  
Actions**

**Who do you hope  
to impact with  
this action?**

**Why are you trying  
to create a  
positive impact?**

**What outcome(s) do  
you hope to see?  
When?**

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**Be The One Guide**  
**Worksheet #3**

**START | STOP | CONTINUE**



**Think about the caring community you want to create and answer the following questions:**

**START**

What actions are you committed to starting?

**STOP**

What actions do you want to stop?

**CONTINUE**

What actions are you already taking to create a caring community and want to continue?