

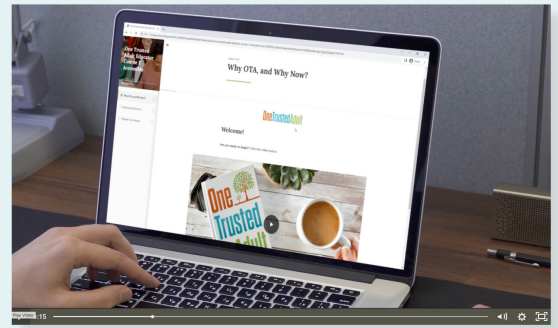
## One Trusted Adult: Foundations for Educators

Laying the Groundwork for Supporting Students  
While Maintaining Healthy Boundaries

Working at their own pace and in the location of their choice, eighty-five participants from a wide range of grade levels completed the four-hour on-demand training between October and December 2023. Designed to guide teachers and school staff in showing up for their students as accessible, boundaried, and caring adults, the online video course features exercises and assessments, supplemented by a downloadable workbook.

Based on the pre-survey, educators enrolled in the course hoping to learn strategies that would help them better serve their students, gain knowledge on youth development, expand their opportunities to connect with students, and find ways to support—and be supported by—their colleagues.

Upon completion, 88% of participants rated the course favorably when asked about the overall quality of the training, and 91% agreed that the training delivered on the promise of the course description.



### PROGRAM

One Trusted Adult: Foundations for Educators online on-demand course—professional development

### GOAL

To better connect with and express care for students while respecting professional limits and supporting fellow educators and staff

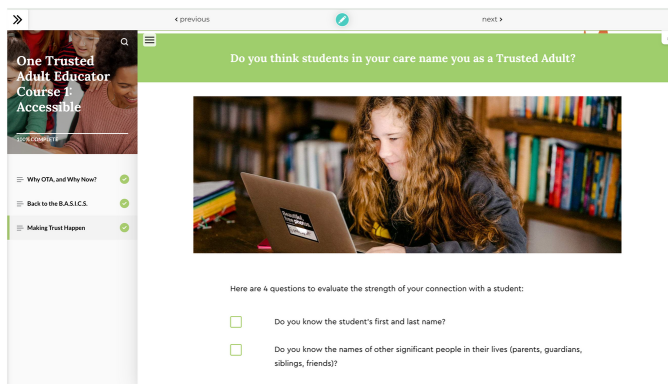
### PARTICIPATION PROFILE

- 85 K–12 educators and staff
- Education levels: doctorate= 2%; master’s degree = 77%; bachelor’s degree = 14%; high school diploma = 7%
- Experience working in education: 21+ years = 25%; 11–20 years = 31%; 3–10 years = 30%; 2 years or less = 30%
- Level of school: pre-K or elementary = 15%; middle school/jr high = 36%; high school = 49%

Among the most valuable aspects of the course, according to participants, is the detailed and practical approach to setting boundaries and the emphasis on their importance in maintaining the safety and well-being of both students and educators. Other participants appreciated the evidence-based approach to encouraging connection with young people and setting up spaces designed to meet universal youth needs.

Here's what participants had to say about Foundations for Educators:

***"This training made me realize the importance of my own role and gave me some good skills to do my job in a more effective way."***



***"[One] piece I took away is the importance of setting boundaries—it is healthy and appropriate for a trusted adult relationship."***

***"I thought this training was great! The self-reflection was super helpful. All of the information was practical and easily relatable."***

***"A trusted adult can make a world of difference in a child's life and can help them to be more secure, well-adjusted people."***

***"We can't assume that every student can identify a trusted adult. And although, as a teacher, I feel I am automatically their trusted adult—that may not be so in their mind. It is important to have the discussion with them."***

Evidence suggests that professional development opportunities for educators that address strategies for building trust with students increase the awareness of educators in the areas of the potential positive impact of their relationships with students, including student availability for learning, and the boundaries required to build and maintain appropriate levels of trust with their students.