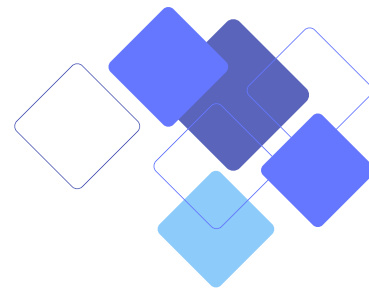




OFFICE OF TRAUMA AND RESILIENCE POLICY
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Trauma-Informed and Hope-Centered Language Checklist



Date: _____

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**HAS PERSON-CENTERED
LANGUAGE BEEN USED?**

- Focus on the person, not the condition, e.g. use 'person with a disability', not 'disabled person'.
- Focus on what people can actually control.

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**ARE THE CORE TENANTS
OF THE SCIENCE OF
HOPE INCLUDED?**

- Use specific hope-centered language, e.g., goals, pathways, and willpower.
- Frame challenges as opportunities for progress rather than insurmountable problems.

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**HAS STRENGTHS-BASED
LANGUAGE BEEN USED?**

- Use empowering language, e.g. use 'youth with untapped potential', not 'at-risk youth'.
- Highlight assets before shortcomings.

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**HAS INCLUSIVE
LANGUAGE BEEN USED?**

- Use culturally respectful and gender-neutral terms.
- Respect an individual's preferences; when possible, ask individuals how they prefer to be identified.

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**HAS ACCESIBLE
LANGUAGE BEEN USED?**

- Use clear, simple words.
- Avoid jargon and acronyms, e.g. use 'non-custodial parent' not 'NCP'.

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**HAS SENSATIONAL OR
FEAR-BASED LANGUAGE
BEEN AVOIDED?**

- Use factual, neutral wording, e.g., use 'serious challenge', not 'devastating crisis'.
- Frame challenges as common experiences, not personal failures.

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**HAS LANGUAGE THAT
REINFORCES STIGMA
AND/OR SHAME BEEN
AVOIDED?**

- Avoid negative terms, e.g. use 'living with', not 'suffering from'.
- Use language that emphasizes support and solutions rather than blame.

