THE GARDENER’S TALE
GUIDED DISCUSSION
HTTPS://WWW.YOUTUBE.COM/WATCH?V=GNHCY6FTYBM
QUESTION #1

- DID “THE GARDENER” HAVE A TRAUMA INFORMED/STRENGTH-BASED APPROACH?
  
a) IF NOT, WHY?
  
b) WHAT COULD THE GARDENER HAVE DONE BETTER TO PROMOTE RESILIENCY IN THE PINK FLOWER?
  
c) HOW DO EXPECTATIONS RELATE TO OUTCOMES?
  
d) WHAT IS THE “THE GARDENERS “POWERFUL DIFFERENTIAL””, COMPARED TO THE SEED AND THE PLANTS?
  
e) IF THE “THE GARDENER” WAS HERSELF A PINK FLOWER, WOULD THIS FIX THINGS? COULD SHE BE PIN AN STILL HAVE POOR EXPECTATIONS FOR HER OWN KIND?
QUESTION #2

• WHAT ARE SOME STEREOTYPES WE COMMONLY HEAR? (THE GOOD, THE BAD, AND THE UGLY”)
QUESTION #3

• HOW DO STEREOTYPES AND RACISM CONTRIBUTE TO TOXIC STRESS DURING THE FIRST 1,000 DAYS?
Racism is defined as a system of structuring opportunity and assigning value based on the social interpretation of how one looks, that:
- Unfairly disadvantages some individuals and communities
- Unfairly advantages other individuals and communities
- Saps the strength of the whole society through the waste of human resources.

**Question**
- How is racism operating here? This is a question that can be addressed in a family, a group, or a community.
QUESTION #5

• WHAT ARE SOME EXAMPLES OF INSTITUTIONAL RACISM?
QUESTION #6

• HOW DO WE BREAK DOWN INSTITUTIONALIZED RACISM?
QUESTION #7

• WHAT ARE SOME WAYS WE CAN EMPOWER PEOPLE THAT MAY EXPERIENCE RACISM?
QUESTION #8

• HOW DOES ADDRESSING INSTITUTIONALIZED RACISM RELATE TO TRAUMA INFORMED CARE?
QUESTION #9

• HOW CAN WE ADDRESS INSTITUTIONALIZED RACISM WITHIN OUR COMMUNITY?
QUESTION#10

• WHAT IS THE DIFFERENCE BETWEEN EQUITY AND EQUALITY?
QUESTION #11

• IS IT NECESSARY TO HAVE CULTURAL COMPETENCE IN ORDER TO BE TRAUMA INFORMED?