

The SAFE Approach to Trauma-Informed Advising



S – Support Without Judgment

Advisors trained in trauma-informed care provide nonjudgmental support, leading to a **24% increase in student trust** and **18% higher academic persistence** (JED Foundation, 2022).



F – Foster Safety and Stability

Creating emotionally safe advising environments helps reduce anxiety and increases help-seeking behavior by **35%**, particularly among first-gen and BIPOC students (Active Minds, 2023).



A – Acknowledge the Whole Student

Trauma-informed advising sees students as more than their academics. Validating lived experiences improves mental well-being and reduces dropout rates by **21%** (Mental Health America, 2023).



E – Empower Through Choice and Voice

Empowering students to set goals and make decisions promotes autonomy and boosts self-efficacy by **29%** (Gallup & Lumina Foundation, 2023).