



## **321 Insight Launches New Content to Help Educators Better Address Increased Behavior Challenges in the 2021-22 School Year**

Leading provider of online professional development offers new content to build staff understanding of challenging behavior and how to address it effectively

Although most districts have returned to full-time, in-person instruction this fall, the impact of the ongoing pandemic is being felt in classrooms across the country. Students are struggling with dysregulation challenges, increased anxiety, and a decreased rapport with staff and other students that has led to a dramatic increase in behavior challenges. Educators, whose days are already jam-packed, are desperately seeking resources and strategies they can access within their limited availability to address these challenges

[321 Insight](#), online providers of ParaSharp and the Trauma Informed PD Series, has launched new videos that directly address these challenges. Each video features summaries, discussion questions, and self-assessments to provide greater opportunities for educators to deepen their learning.

“We know the challenges educators are facing these days because we see them firsthand in our work,” Dr. Will Henson, clinical psychologist and co-founder of 321 Insight said. “This new learning will give staff a common understanding of what is driving these behaviors, along with strategies they can implement immediately to help students get back and stay on track.”

[ParaSharp](#), designed specifically for paraeducators, features two new videos that focus on helping paraeducators support all students effectively:

- **Structured Routines**, highlighting the importance structured routines, why they benefit students and how they create effective learning environments
- **Building Strong, Safe Relationships**, which builds an understanding of how educators can set high expectations for students and still build strong, trusting relationships, a cornerstone to supporting their overall sense of well-being and belonging

These two new videos will help educators create an environment in which all students feel safe, and help paraeducators establish a rapport with students, many of whom are feeling alone and isolated.

“Building relationships with students is the foundation of our work,” states Dr. Henson. “The quality of our interactions with students determines how willing they are to trust and learn from us.”

[The Trauma Informed PD Series](#), intended for all staff, features two videos designed to help staff develop a common understanding of adversity, trauma-informed practices, and how students respond to stress:

- **Overview of Trauma Informed Practices**, which builds an understanding of what it means to be trauma-informed, why it matters, and how staff can develop a trauma-informed mindset
- **Trauma and Stress Responses**, designed to help staff understand the physiology of trauma, specifically how trauma affects stress responses, why this learning is important, and how they can use this knowledge to work effectively with students

In addition, a completely revised Educator Wellness video has been added to both series, highlighting how critical it is for educators to prioritize their own emotional wellness before they can effectively support their students.

321 Insight’s approach to professional development ensures educators can access content on their schedule, to meet their specific needs. Tools embedded in the platform resources support a variety of implementation models, from independent learning to fully facilitated sessions, providing greater flexibility. 321 Insight’s Implementation Team offers full support services to all partners throughout the life of the implementation.

For more information about 321 Insight solutions visit <https://321insight.com> or email [info@321insight.com](mailto:info@321insight.com).

### **About 321 Insight**

321 insight empowers all school staff to meet the needs of today’s students through accessible online content, and a proven training mode. Created by industry experts and experienced practitioners, the organization equips educators with practical, actionable strategies and guidance to support every learner. 321 Insight offers on-demand digital content that covers topics including trauma-informed practices, behavior management and support, teaching SEL, educator wellness, inclusion strategies, setting boundaries, thinking functionally, support strategies for diverse learners, and more. To learn more, visit [www.321insight.com](http://www.321insight.com).