

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

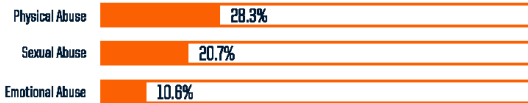


Divorce

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

ABUSE

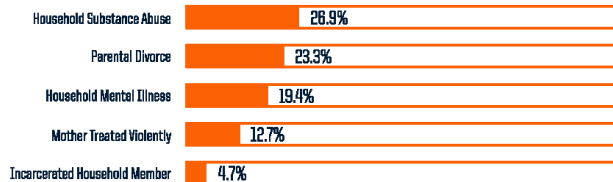


percentage of study participants that experienced a specific ACE

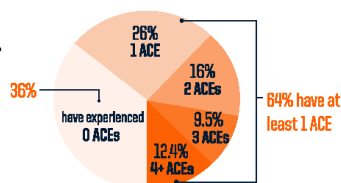
NEGLECT



HOUSEHOLD DYSFUNCTION

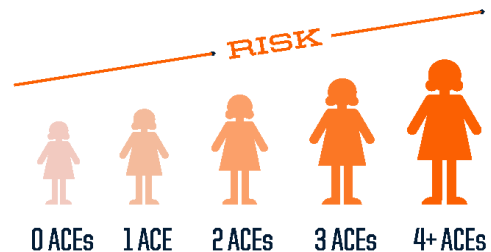


Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR



PHYSICAL & MENTAL HEALTH



WHAT DOES A STUDENT WITH AN ELEVATED ACEs SCORE LOOK LIKE IN MY CLASSROOM?

STUDENT MAY DISPLAY HEIGHTENED LEVELS OF...

- anxiety, fear and worry
- anger outbursts
- poor academic performance
- irritability
- absenteeism
- difficulty with authority, redirection or criticism
- emotional disconnection
- over or under reacting to environmental stimuli (sirens, physical contact, doors slamming, bells)
- hopelessness and helplessness
- repetitive thoughts and comments about death or dying

TRAUMA AFFECTS HOW CHILDREN...

Feel
Behave
Think



About self
About adults who care for them
About the world

WHAT CAN I DO TO HELP?

- ✓ Recognize that certain behaviors are related to traumatic experience
- ✓ Establish yourself as a safe individual
- ✓ Create an environment of respect
- ✓ Give the student opportunities to make choices
- ✓ Use of specific praise
- ✓ Use a 4:1 ratio of positive to negative statements
- ✓ Actively ignore some negative behaviors
- ✓ Use behavior plans based on rewards systems, not punishment
- ✓ Offer suggestions on self-calming techniques, such as breathing techniques, progressive muscle, relaxation, music, exercise, and stretching
- ✓ Help students learn to identify and label emotions
- ✓ Identify positive coping skills to help decrease emotional intensity
- ✓ Connect students to friends, peers, or supportive adults
- ✓ Create opportunities for students to participate in creative and positive social activities
- ✓ Develop spaces where the children go if they wish to be away from the group
- ✓ Keep classroom uncluttered, with more subtle lighting, and low arousal background colors
- ✓ Keep the environment fragrance free and keep noise levels as low as possible
- ✓ Take movement breaks

For more information, please contact