

Reducing Adverse Childhood Experiences

Adverse childhood experiences (ACE) are traumatic experiences that occur in a young person's life before the age of 18 that the person remembers as an adult. They are stressful or traumatic events that may include household dysfunction such as witnessing domestic violence or growing up with a household member who has problems with drugs, alcohol, or incarceration. ACEs also include students who suffer sexual, emotional or physical abuse. Adverse Childhood Experiences are strongly related to the development and pervasiveness of a wide range of health problems throughout a person's lifespan.

Do you ever wonder how a negative experience from childhood has affected your life? What about the students in your class— what impact have adverse childhood experiences had on them? Nearly 46 percent of kids have faced some trauma, which might include child abuse or neglect. These negative life experiences can have a lasting effect on our students' health (including higher rates of obesity, diabetes, depression and suicide attempts) and increase the likelihood of them engaging in behaviors such as smoking, alcoholism, and drug use. It also increased the risk of them experiencing negative experiences such as lower graduation rates and lack of academic achievement.

We must find ways to disrupt this pattern. Part of the solution involves schools and early childhood education systems, the health care system, the criminal justice system, parents and families, and even libraries and community centers taking a more active role in students' lives. Education systems can help by providing safe, stable, nurturing relationships and environments for all students. This necessary action can have a positive impact on a broad range of health problems and on the development of skills that will help students reach their full potential.

Please see the links below for further information about Adverse Childhood Experiences:

<https://www.youtube.com/watch?v=95ovlJ3dsNk>

<https://www.youtube.com/watch?v=XHqLYI9KZ-A>

<https://www.youtube.com/watch?v=8gm-INpzU4g>

<https://www.youtube.com/watch?v=d-SSwYTe8TY>

<https://www.youtube.com/watch?v=-pnhFmdz-ig>

Adapted from www.kp.org.