



ACEs & Resiliency Education

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PRACTICUM 3

***It started with
a TED Talk...***



What are ACEs?

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:

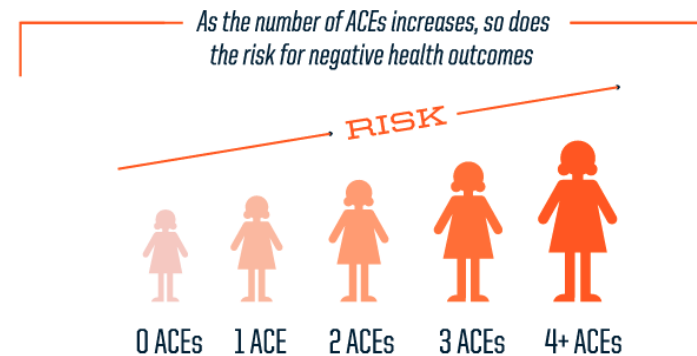
- Physical, sexual or verbal abuse
- Physical or emotional neglect
- Separation or divorce
- A family member with mental illness
- A family member addicted to drugs or alcohol
- A family member who is in prison
- Witnessing a parent being abused



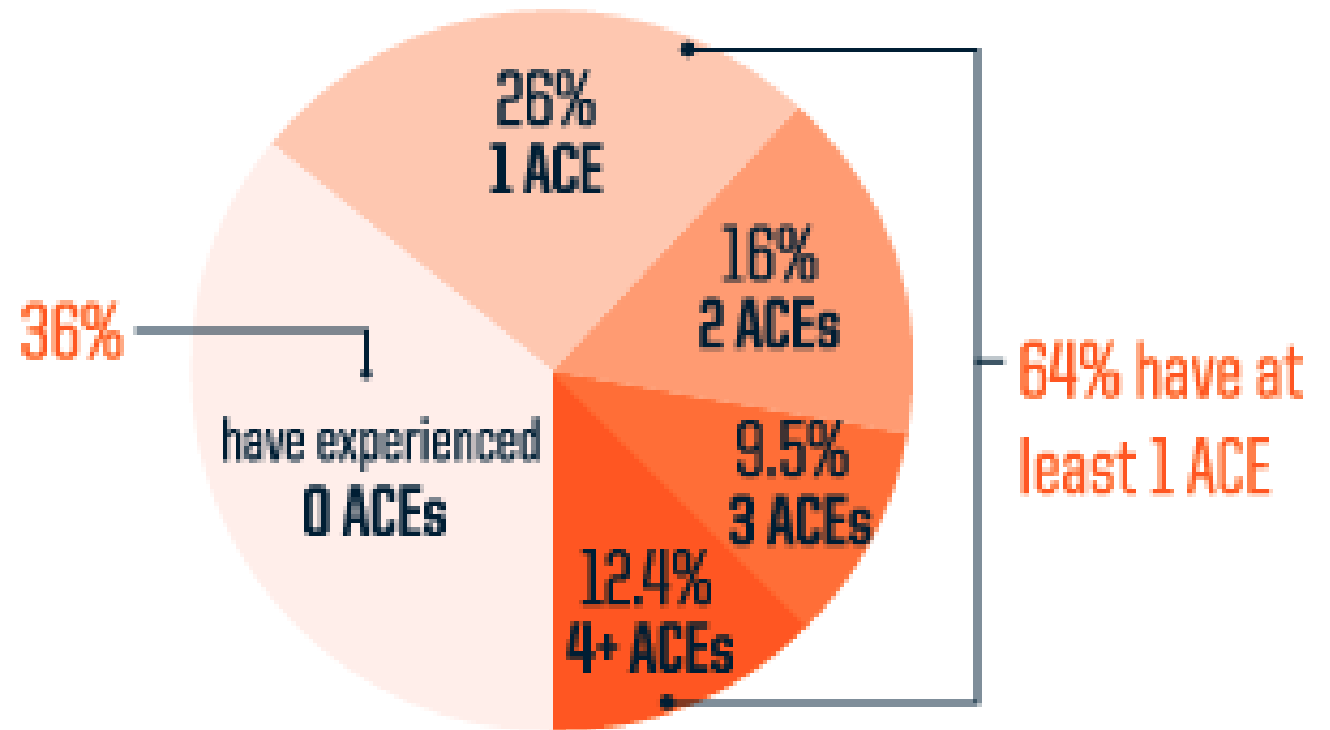
How Common are ACEs?

Common!

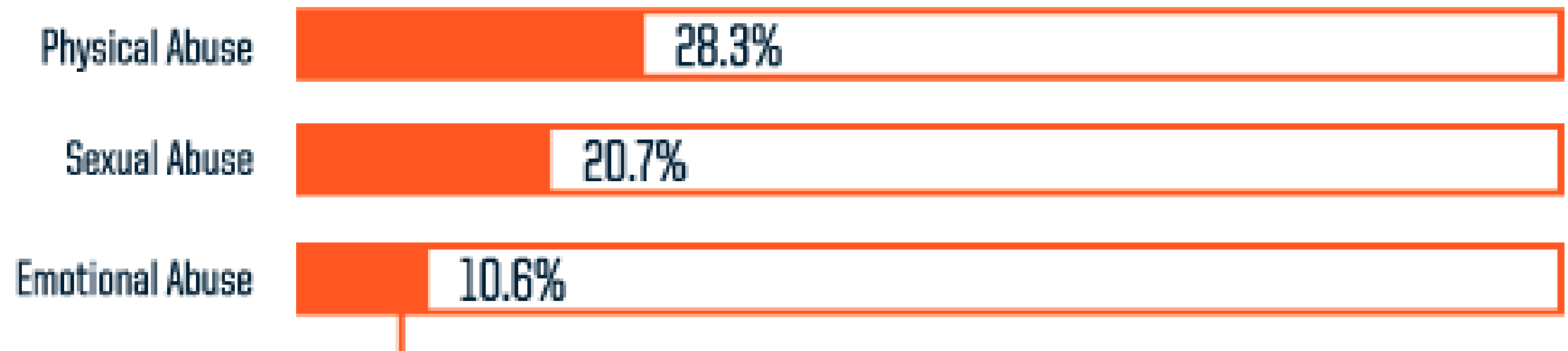
- About 64% of U.S. adults reported they had experienced at least one type of ACE before age 18,
- Nearly 1 in 6 (17.3%) reported they had experienced four or more types of ACEs.



*Of 17,000 ACE
study participants:*



Abuse



Neglect

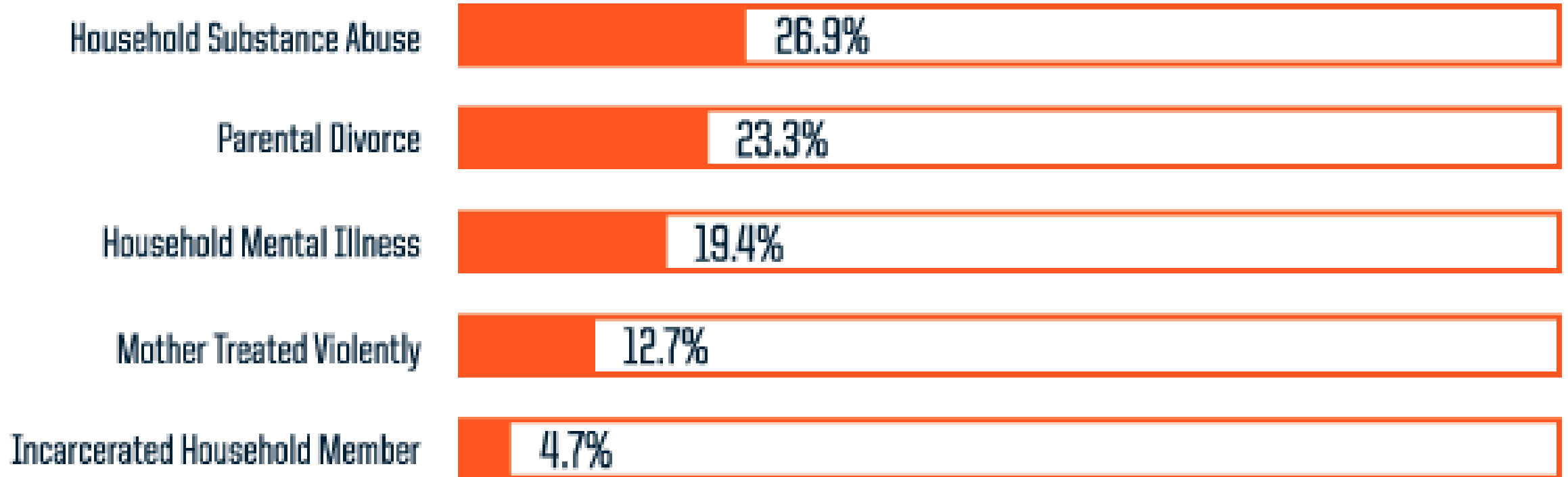
Emotional Neglect

14.8%

Physical Neglect


9.9%

Household Dysfunction



Who is at risk?

While all children are at risk of ACEs, numerous studies have shown inequities in such experiences linked to the historical, social, and economic environments in which some families live.



ACEs were highest among:

females,

non-Hispanic American Indian
or Alaska Native adults,

adults who are unemployed or
unable to work.

Risk Factors

Children and youth who:

- don't feel close to their parents/caregivers and feel like they can't talk to them about their feelings
- start dating early or engaging in sexual activity early
- Have few or no friends or friends who engage in aggressive or delinquent behavior

Families with caregivers who:

- have a limited understanding of children's needs or development
- were abused or neglected as children
- are young and/or single
- low levels of education
- use spanking and other forms of corporal punishment for discipline



Children and youth who:

- low income
- adults with high levels of parenting stress or economic stress
- inconsistent discipline and/or low levels of parental monitoring and supervision
- Isolation from and not connected to other people (extended family, friends, neighbors)
- high conflict and negative communication styles
- attitudes accepting of or justifying violence or aggression.
- caregiving challenges related to children with special needs

Impact



BRAIN



BODY



BEHAVIOR

Proactive Factors

Communities where families have access to:

- economic and financial help
- medical care and mental health services
- safe, stable housing
- nurturing and safe childcare
- high-quality preschool
- safe, engaging after school programs and activities

Communities where:

- adults have work opportunities with family-friendly policies
- residents feel connected to each other and are involved in the community
- violence is not tolerated or accepted

Communities with

- strong partnerships between the community and business, health care, government, and other sectors.



Prevention Strategies

- ★ Strengthen economic supports to families
- ★ Promote social norms that protect against violence and adversity
- ★ Ensure a strong start for children
- ★ Teach Skills
- ★ Connect Youth with Caring Adults and Activities
- ★ Intervene to lessen immediate and long-term harms

Your Assignment: Resiliency Lesson Plan


Purpose: To demonstrate competency in FEAP 2j - Creates a classroom environment where students are able to demonstrate resiliency as outlined in [Rule 6A-1.094124](#) F.A.C.

The state requires:

- Resiliency Education: Civic and Character Education and Life Skills Education.
- Substance Use and Abuse Health Education
- Child Trafficking Prevention Education

What is Resiliency Education?

1. Strategies specific to demonstrating resiliency through adversity, including the benefits of service to the community through volunteerism;
2. Strategies to develop healthy characteristics that reinforce positive core values and foster resiliency such as:
 - a. Empathy, perseverance, grit, gratitude and responsibility;
 - b. Critical thinking, problem solving and responsible decision-making;
 - c. Self-awareness and self-management;
 - d. Mentorship and citizenship; and
 - e. Honesty.
3. Recognition of signs and symptoms of mental health concerns;

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4. Promotion of resiliency to empower youth to persevere and reverse the harmful stigma of mental health by reframing the approach from mental health education to resiliency education;
 5. Strategies to support a peer, friend, or family member through adversity;
 6. Prevention of suicide;
 7. Prevention of the abuse of and addiction to alcohol, nicotine, and drugs; and
 8. Awareness of local school and community resources and the process for accessing assistance.