



## **Module 2: Impact of ACEs on a Child's Development**

### **Module 2 Guide**

**Directions:** This module guide is provided to help you to capture important content in Module 2. You DO NOT have to submit this document. It is simply a resource for you.

What are adverse childhood experiences (ACEs)?

What are some potential long-term health effects of ACEs?

How might toxic stress from ACEs impact a person's life and development?

What is meant by the term resilience?

What are some important individual, family, and community conditions that can support the development of resilience?

## **ACE Quiz and Article**

Why does the ACE Quiz article caution you not to solely rely on the ACE score as a “crystal ball”?

What does the article say is key to building resilience?

**Personal Reflection Moment:** After you take the ACE quiz, consider your personal adverse childhood experiences, if any. Do you suspect any long-term impacts resulting from your personal ACEs?

Did you have personal relationships with people who positively impacted your life and helped you to develop resilience?

## **Video – Adverse Childhood Experiences: Impact on Brain, Body, and Behaviour**

Which two main stress hormones are activated when something triggers our “fight or flight”, freeze or face/appease response? (You may see different terms used, but all are referring to the response of the Sympathetic Nervous System, or “Stress System”.)

- a.
- b.

What happens when the “fight or flight” response remains active over time (instead of our bodies returning to their normal state)?

How do genes, the environment, and relationships affect a person’s health and well-being? What role do they play in a person’s development?

Genes:

Environment:

Relationships:

What are some tools or strategies to help children to build resilience?

How can positive, supportive relationships with adults help children to counter the effects of toxic stress/trauma and build resilience?