



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

Notes Page

Directions: This notes page 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?