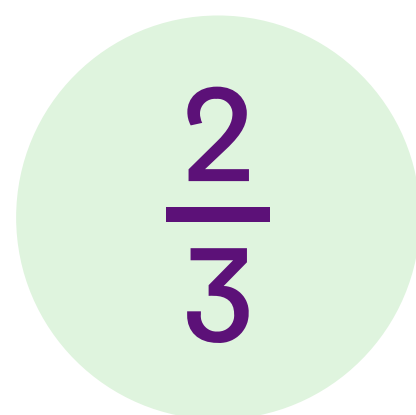


# Adverse Childhood Experiences (ACEs)

**ACEs** are stressful or traumatic events which may occur between **birth and 17 years of age**.



2 out of 3 people have experienced **at least 1 ACE**.



Both the **prevalence and risk** of chronic health conditions **increase** as the number of ACEs **increase**.



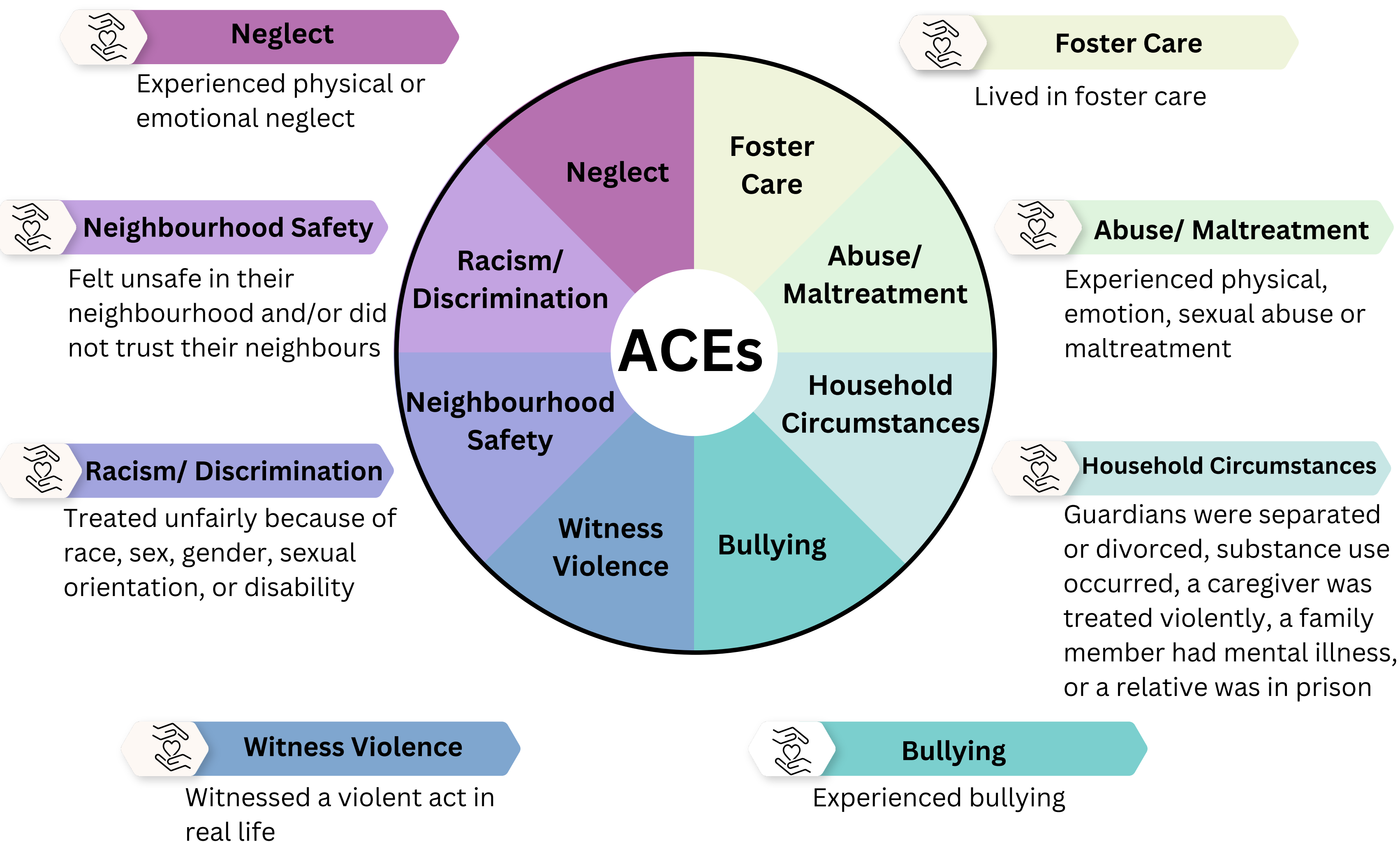
## Did you know?

Children who experienced at least 1 ACE are:

**3x** more likely to have difficulty finding work

**2x** more likely to develop an alcohol use disorder

**2x** more likely to try drugs before the age of 14



Remember, traumatic experiences are **individual**. We should not judge what we think is traumatic to the child.

Many youth with ACEs have challenges learning substance use education

Educators can minimize the effect ACEs have on a child's learning!

Unreliability of content  
Difficulty trusting adults  
Insensitive topics  
Difficulty comprehending  
Stigmatizing language



**To support students with ACEs, educators can...**

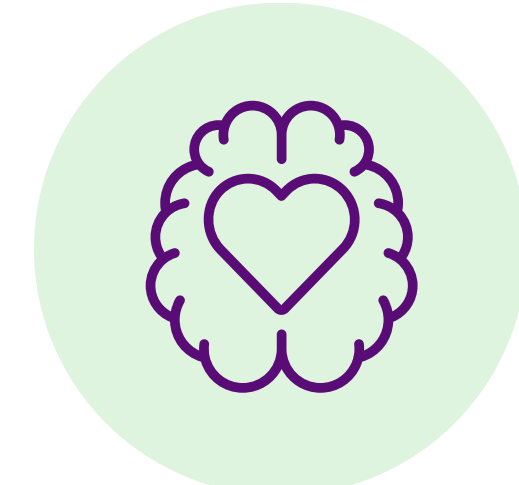
**1 Foster positive relationships**



Be an adult that youth can **trust**

**2 Incorporate social and emotional learning in the classroom**

Decision-making  
Coping skills  
Assertiveness



Communication  
Refusal skills  
Problem-solving

**3 Create an inclusive and safe learning environment**

Restorative practices  
Positive language



Consistent expectations and rules  
Differentiated learning

**4 Promote physical and mental wellness**

Accessible and inclusive extracurriculars  
Breakfast and healthy eating programs



Integrating school counsellors in your classroom  
Peer-to-peer mentoring

**Confidentiality in the Classroom**

While educators have a responsibility to maintain student confidentiality, students should know that there is a **duty to report** any signs of abuse or neglect. In these cases, other parties outside of the educator may be made aware of the student's situation.

For more information visit us at:  
**[www.decyde.ca](http://www.decyde.ca)**



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 3. Public Health Management Corporation. (2013, September 18) Findings from the Philadelphia Health Urban ACE Survey. Research and Evaluation Group. <https://www.rwjf.org/en/insights/our-research/2013/09/findings-from-the-philadelphia-urban-ace-survey.html>  
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