

Open Your Class With This Tomorrow- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

The Adverse Childhood Experiences (ACE) study was done between 1995 and 1997. It included 17,000 participants who were mostly middle- and upper-middle-class, college-educated adults with good jobs and high-quality health insurance. This sample helped to ensure the findings were unlikely due to adverse circumstances, such as poverty or residing in a high-crime neighborhood. The participants were provided confidential surveys on their current health and memories of their childhood experiences. The results and dozens of follow-up studies confirmed a link between childhood trauma and the onset of chronic diseases in adulthood.

Directions: Show the [CDC: We Can Prevent ACEs](#) video. Have students explore more on the website, including fast facts, risk and protective factors, prevention strategies, help youth at risk for ACEs, data, and data to action. Note: Please make sure to preview the entire website. This may be a sensitive topic for some students.

Reflection Topics.

1. What is your understanding of ACEs?
2. What are the effects of ACEs in Early Childhood Education?
3. Currently, what are some national or states initiatives happening?
4. What are three strategies to combat the ACEs?
5. What can be done to bring more awareness about ACEs.