



## ACEs

### Discussion and Self-Study Guide

- 1• Why do you think educators should learn about Adverse Childhood Experiences (ACEs)?
- 2• How can ACEs be a helpful “lens” through which to view a student’s actions?
- 3• Why do you think a history of adverse experiences in childhood might continue to cause problems for a person throughout their life span?
- 4• Were you surprised by the range of different things that could be considered an “Adverse Childhood Experience”?
- 5• Were you surprised to find out how common Adverse Childhood Experiences are?
- 6• Why do you think ACEs tend to happen “in clusters” – that is, that it’s common to have several instead of only one?
- 7• Why do you think adverse experiences increase the risk for so many different types of problems?
- 8• Why do you think a person’s ACEs score – or the number of different types of ACEs they experience might increase a person’s risk for these problems?
- 9• How does knowing what you now know about ACEs change the way you look at students you work with?
- 10• How might ACEs cause difficulty seeing another person’s “point of view” or reading social cues?
- 11• How do you think ACEs might lead to behavior difficulties for a student?