



## 321insight October Newsletter

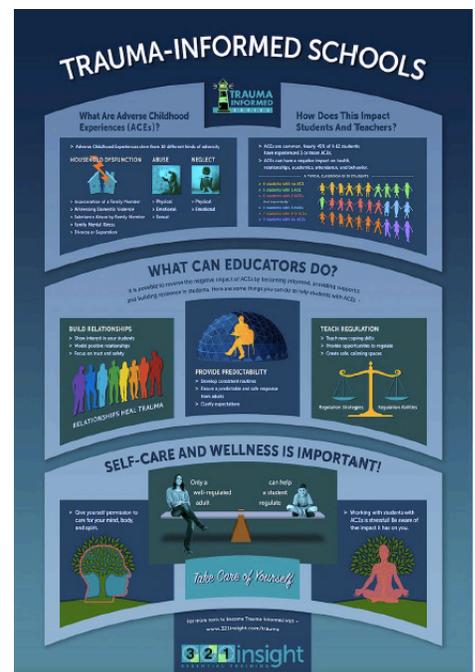
### The Facts about ACEs

All kids come to school with diverse backgrounds, but almost half of today's K-12 students are coming to school with three or more Adverse Childhood Experiences (ACEs). To support these students, it is essential to understand what ACEs are and how they impact students and educators. ACEs include 10 types of abuse, neglect, and household dysfunction.

ACEs impact students more than we can see. It affects their mental health, physical health and development, and increases their risk for:

- Poor academic and work performance
- Domestic violence
- Attendance problems
- Substance abuse
- Suicide

These skill deficits can impact a student in terms of social, emotional, and academic development. This makes it essential for staff to not just be aware of ACEs, but also know how to support them with predictability, opportunities for regulation, and safe relationships.



Request a Trauma Informed toolkit demo account by emailing [info@321insight.com](mailto:info@321insight.com)

### District Spotlight

#### Estacada School District - Oregon

Estacada SD uses the ParaSharp and Trauma Informed training series, and has used the flexibility of the training to meet their tight schedule and address a variety of groups.



"321insight thinks through all staff members, including transportation and facilities, and not just focusing on the classroom teachers." - Jason Hobson (Director of Student Services)

# Check out our 8 week Trauma Informed Exercises Blog Series

**Week 1: ACEs at Work**  
**Week 2: Self-Regulation**  
**Week 3: Self-Regulation**  
**Week 4: Mirror Neurons**  
**Week 5: Active Listening**  
**Week 6: Predictability**  
**Week 7: Relationship Builders**  
**Week 8: Self-care Primer**

## Over the course of 8 weeks...

You will learn quick and simple strategies to help your staff practice looking through a trauma informed lens, and in turn be able to support students more effectively.

[Click here for the intro to the blog series.](#)

**How do SEL and Trauma Informed approach work together? Access our Better Together: A Trauma Informed Approach to SEL Guide below.**



[Click here to login and access ParaSharp if you have an active account](#)