



Young and Vulnerable



TAKE THIS ACE TEST!

Directions:

1. Go to [KAHOOT.IT](https://kahoot.it) on your internet browser
 2. Enter THE PIN
 3. Enter a NICKNAME
- 

10 ACEs

- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Physical Neglect
- Emotional Neglect
- Parent Treated Violently
- Substance abuse in Household
- Incarcerated Household Member
- Divorce or Parental Separation
- Mental Illness In Household

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

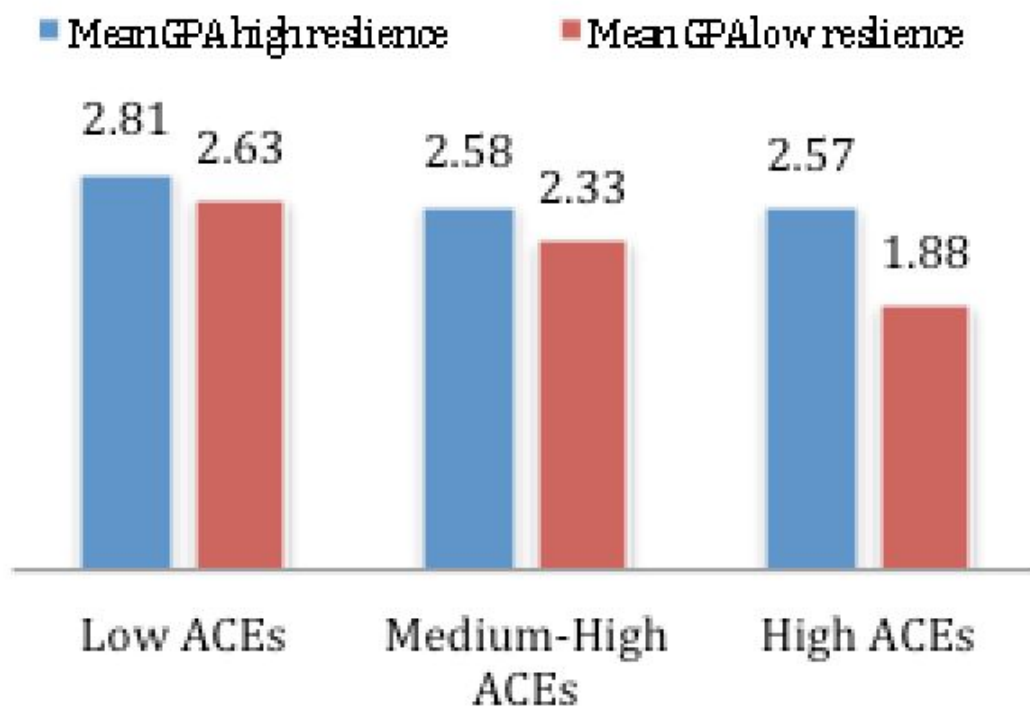
Community Trauma as an ACE

- Social-Cultural Environment Trauma
 - Damaged social networks and trust
- Physical/Built Environment Trauma
 - Ruined buildings and roads
 - Pressures of gentrification/displacement
- Economic Environment Trauma
 - Not enough opportunities

What Does Your ACE Score Mean



Mean GPA at Lincoln High by ACE Level and Degree of Resilience Attained



What We Did Over The Summer

- Video on ACES
- Presentations

Public Health
Seattle & King County



Point of Video

- Adverse Childhood Experiences (ACE's)
 - Explaining what they are
- Resiliency
 - Ways we can strive in our situations
- Relatable to youth

ACEs Video

What are

A C E s ?

Video Discussion

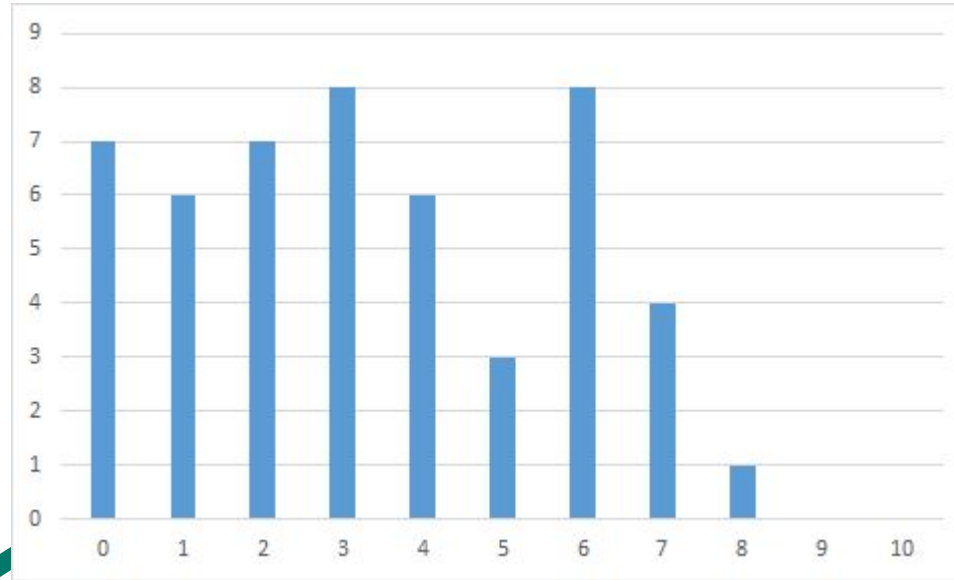
Can anyone tell me some of the ACEs featured in the video?

What does resiliency mean?

What is trauma and what could it possibly lead to?

The ACEs in This Room

Frequency



ACE Score

Prevention Tactics

- Talk to someone
- Seek help and resources.
- Find positive role models.
- Remove yourself from a toxic environment.
- Find things that occupy time.
- Help someone.

Turn and Talk

- Who can you/your kids talk to?
- Is there any clubs or groups you can join? Name a few
- What do you do for fun when you're stressed out?

Promoting Positive Mental Health

- Sense of purpose in life
- Confidence and high self esteem
- The ability to deal with stress and bounce back from adversity.
- Good social life
- Find a Role Model
- Exercise
- Believe In Something That Is Greater Than Yourself

Resources:

Teen Link: <http://866teenlink.org/issues/suicide/>

American Foundation for Suicide Prevention: <https://afsp.org>

Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

National Suicide Prevention Hotline: **1-800-273-8255**

The Jed Foundation: <http://www.jedfoundation.org/>

Resources Continued:

The Trevor Project: <http://www.thetrevorproject.org/>

Forefront: <http://intheforefront.org>

Teen Health Centers

YOUTUBE VIDEO “WHAT ARE ACES?”:

<https://youtu.be/AJPmxW8kaSE>

Main Takeaways?

Questions, Comments, & Feedback

THANK YOU