

21 DAY EQUITY CHALLENGE

#UNITEDFOREQUITY — #CREQUITYCHALLENGE

DAY 15: Adverse Childhood Experiences

In order for children to meet developmental milestones, learn, grow and lead productive lives, it is critical that they be healthy. Good social-emotional and mental health is a key component of children's healthy development. [Poverty, trauma, and inadequate treatment are three factors](#) that have been shown to have a sustained, negative impact on children's social, emotional and mental health. Unfortunately, racism is now recognized as an Adverse Childhood Experience (ACE) - a toxic source of stress with the potential to disrupt a child's ability to learn, relate, grow, play, communicate, and problem-solve. [ACEs disproportionately impact children of color](#). This is a downstream impact of the toxic environments created by institutions and systems that shape our lived experience here in the Capital Region. Healthy school, community, and home environments are critical to preventing children from experiencing ACEs and appropriately supporting students living with chronic stress, so that it does not get in the way of them achieving their aspirations.

Today's Challenge:

Option 1: Go deeper and [assess your ACEs score](#) to see how childhood trauma may be impacting your life. Then, assess your resilience score and explore resources on how to support yourself and others by [building resilience](#).

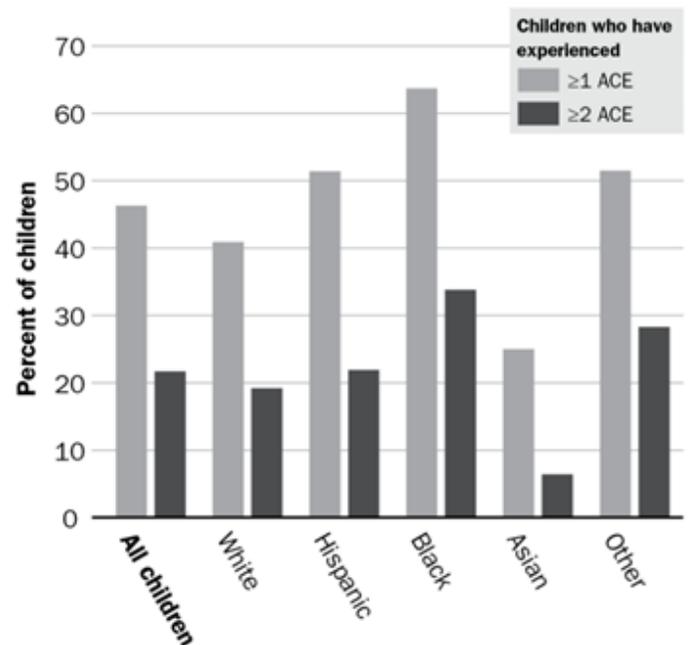
Option 2: View this [info-graphic that explains how ACEs affect our lives](#) and society and summarizes findings from a landmark Kaiser study that looks at the link between ACEs and long-term well-being.

Option 3: Need a place to start caring for a child who has experienced trauma? [Here are a few simple Everyday Gestures to help a child heal](#).

Option 4: [On the TED stage, Pediatrician Nadine Burke Harris](#) explains that the repeated stress of abuse, neglect, and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain.

Adverse Childhood Experiences show race/ethnicity disparity

Adverse Childhood Experiences (ACE) happen most frequently among black children, according to The Child and Adolescent Health Measurement Initiative.



Source: THE CHILD AND ADOLESCENT HEALTH MEASUREMENT INITIATIVE ZECHANG FU/Missourian

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Share your reflections on today's topic on social media using the hashtags [#unitedforequity](#), [#equitychampions](#), and [#CRequitychallenge](#)

Questions to Consider for Self-Reflection:

- After taking the ACEs test and seeing your score, were you surprised by the results?
- After reading the questions in the ACEs test, what did you feel as you recognized children go through all of these events in some quantity?
- Reflecting back on day 5 about trauma, what are your thoughts about how racism contributes to ACEs?