

Activity One: ACEs Questionnaire

The first activity is a questionnaire about Adverse Childhood Experiences (ACEs). This may be a familiar term or a new concept for you. In brief, it refers to difficult experiences that a person has before they are 18 years old. We will discuss ACEs in the webinar and there is a further section on the topic later in this handbook.

The questionnaire asks you to consider whether you experienced any of the given circumstances during your childhood (up to the age of 18). The number of questions that you answer 'yes' to is your 'ACE score'. Difficult experiences in childhood are very common. It is likely that in any group attending this webinar, at least half of the participants will have an ACE score of at least one and others will have a higher number.

You will not be asked to share your ACE score during the webinar, though obviously you can if you wish. The reason we recommend completing the questionnaire ahead of the session is so that you have chance to consider your own experiences before engaging with the subject in training or in your support of other people.

At any time in your childhood (before you were 18 years old):

1. Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
2. Did you lose a parent through divorce, death or any other reason?
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?
4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?
5. Did your parents or adults in your home ever physically harm, or threaten to harm, each other?
6. Did you live with anyone who went to prison?
7. Did a parent or adult in your home intimidate or humiliate you?
8. Did a parent or adult in your home ever physically hurt you?

9. Did you feel that nobody in your family loved you or thought you were special?
10. Did you experience unwanted sexual contact?
11. Were you harassed or mistreated by anyone due to your identity (such as your race, ethnicity, sexual orientation, gender identity, or religious beliefs)?
12. Did you witness violence between individuals in your neighbourhood, school, or community?
13. Was a family member or loved one deported, or were you worried about that happening?
14. Did anyone at school repeatedly harm you or bully you?
15. Did you experience an extreme illness or injury that negatively impacted you?
16. Did anyone in your house live with a serious or life threatening long-term physical illness or condition?
17. Did you personally witness violence related to war or political conflict?
18. Did you experience a global pandemic (before the age of 18)?
19. Did you ever see someone get killed or see a dead body (not including at a funeral)?
20. Did you experience a natural disaster (like a hurricane, flood, fire, or major earthquake) in which you thought you or someone you loved was in danger of being injured or killed?
21. Did you experience homelessness?
22. Did any event happen that you consider to be traumatic that hasn't been asked about yet?

ACE Score (number of questions answered 'yes') =

Activity Two: Trauma Informed Practice Video

This video has been created by NHS Scotland and is designed as an awareness tool for staff in health and social care settings. However, it explains the principles of trauma and the impact it can have in a clear and helpful way. The video is 8 minutes long and shows animated characters voiced by actors. They

represent people who experienced childhood sexual abuse, physical abuse and domestic abuse. It shows the impact that this abuse has on them in interactions with other people. Please be mindful of your own wellbeing when watching this video and seek support if you need it.

<https://www.youtube.com/watch?v=zg8ahtHIRxU>

