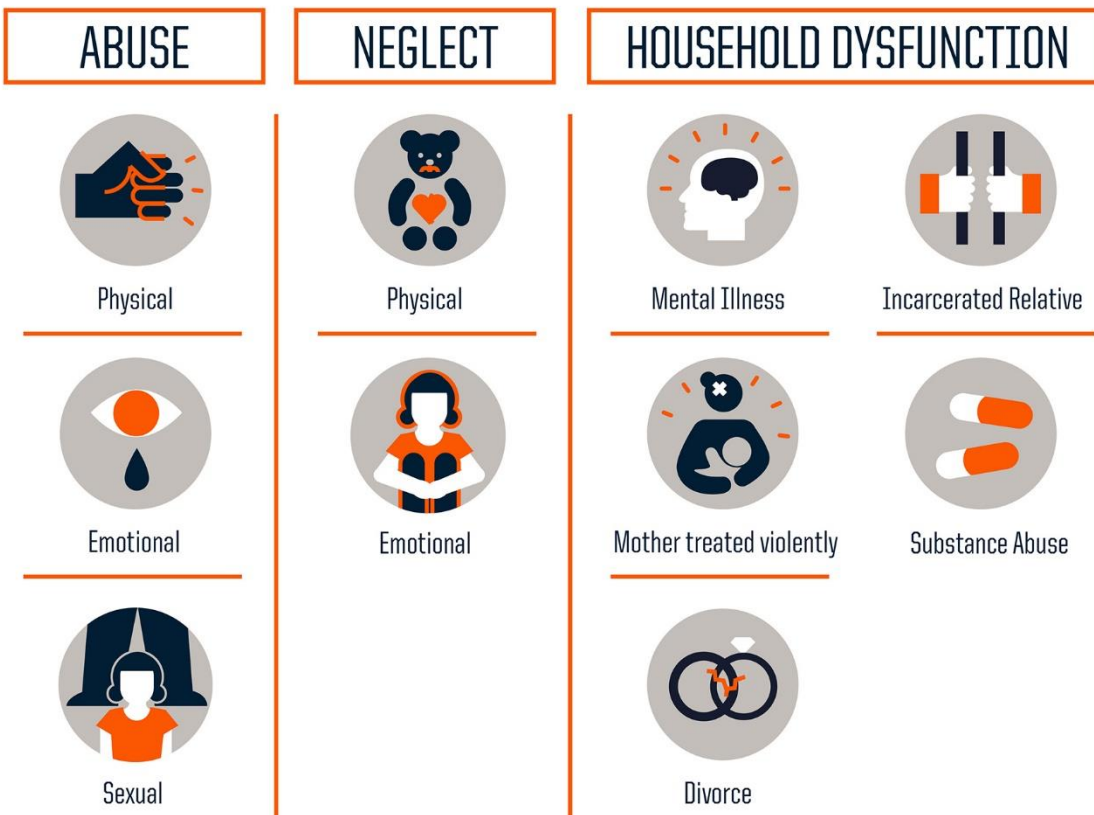


Recognizing the Impact of Trauma on Student Learning

The link between trauma and toxic stress and the impact on health outcomes was first identified by a joint research effort between the Centers for Disease Control and Kaiser Permanente. This study, sometimes known as the ACEs study, focused on what researchers have identified as Adverse Childhood Experiences (ACEs). There are 10 ACEs identified in the study (see below).



The higher the number of ACEs, the more likely children will have negative health and mental health outcomes. Adverse Childhood Experiences often result in cognitive delays and behavior issues in the classroom. Fortunately, victims of trauma can also be resilient. Often resiliency begins with the support of a loving adult. Educators can help off-set the impact of trauma on our students by helping students learn social-emotional skills, avoiding triggers, and creating trauma-informed schools.

Because of the high number of students with high ACEs scores, educators often suffer from what is known as vicarious or secondary trauma. It is important that as an educator you practice self-care to ensure that you are taking care of your own emotional and physical needs.

For additional information on trauma, resiliency, and vicarious trauma please contact Annette Christiansen, NBCT at achristiansen@mea.org for professional learning opportunities.