Acknowledging and Building Resilience

ACEs (Adverse Childhood Experiences) in Education

Presenters: Kimm Blackwell, Janine Greer, and Scott Hoshida
Ground Rules/Agreements

- Speak your mind and your heart
- Listen to understand and share to connect
- Link and connect ideas
- Listen together for insights and deeper questions
- What’s said in here stays in here
Objectives:

● Create empathy for those who’ve experienced toxic stress
● Explore tools and actions to reduce triggers
● Consider acts of solidarity to address trauma related historic injustice and exclusion
Video Clip:  
*Resilience: The Biology of Stress and the Science of Hope*

Who are we?  Self Screen

Tips on Working with Students

What’s Next? What Do We Do as Educators?

Evaluations/Debrief
Resilience: The Biology of Stress and the Science of Hope

Trailer

Information on Streaming for Peralta employees
ACEs Survey
How to Support Someone Who Has Experienced Trauma

https://www.echotraining.org/support-trauma-survivor-infographic/
Working with Students: One-on-One

Important questions to be aware of:

- Am I aware of my own biases and thoughts?
- Does this student have unique needs?
- How might this particular student feel? Right now?
- Am I making any assumptions?
- How many barriers has/does this student face?
- What is my goal? What is the student’s goal?
Working with Students: Classrooms

First Impressions

Physical and Emotional Spaces

Interrupting Anxiety

Preparing for Conflict

Addressing Challenges and Failure

Caring for Ourselves
Calls to Action - Next Steps
Debrief, Evaluation
Thank you!
Resources

*Trauma-Informed Practices for Post Secondary Education: A Guide*

*Resilience: The Biology of Stress and the Science of Hope* (access for the film is for Peralta employees)

*“How to Support Someone Who Has Experienced Trauma”* Infographic by Echo Training

*“I Vow Not to Burnout”* by Mushim Ikeda