

Acknowledging and Building Resilience

ACEs (Adverse Childhood Experiences) in Education

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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



Agenda

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

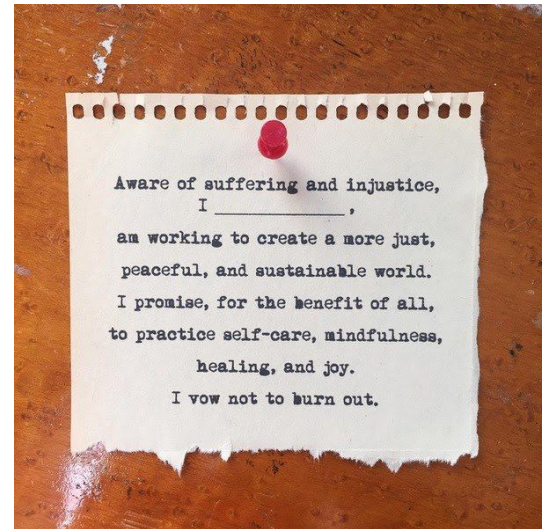
Physical and Emotional Spaces

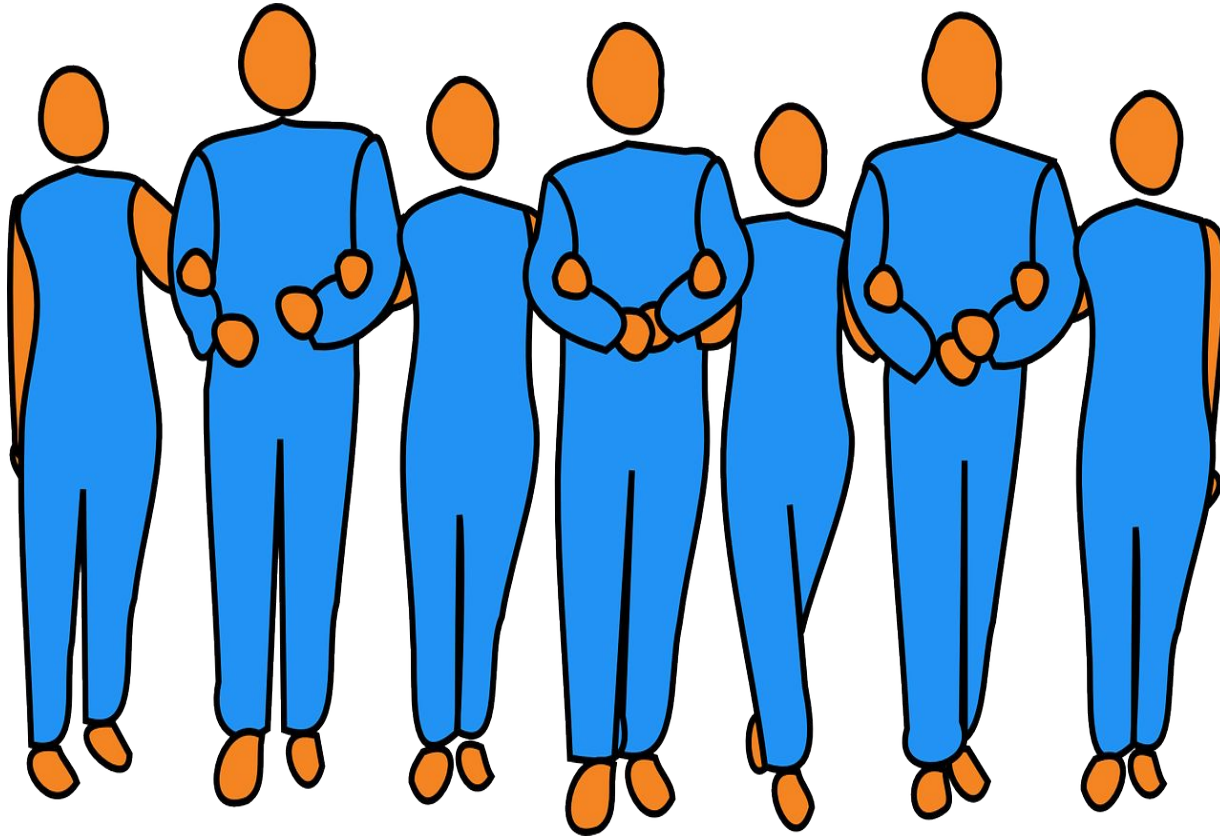
Interrupting Anxiety

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