

3-3 Adverse Childhood Experiences (ACEs) online course

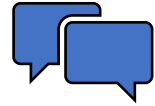
The *Adverse Childhood Experiences* course focuses on how traumatic events in childhood may have long lasting effects. These experiences can impact someone's physical and mental health for their entire life and influence how they interact with others.

What you need to do



1. Work with your training supervisor to determine a time to complete the *Adverse Childhood Experiences* online course. It takes about 1.25 hours to complete.
Date and time _____
2. Complete the *Adverse Childhood Experiences* online course, learning activities and posttest. (Note: The course contains information which may cause you to remember difficult things about your personal life or professional experience. All the information that you enter is private and is only to give you an idea of your own ACE and resiliency scores. It will not be shared with anyone else.)
3. Make note of any questions or concerns you have about information in the module.
4. Schedule a time to discuss what you learned with your training supervisor using the ***Talk it over*** section below.
Date and time _____

Talk it over



1. Review your notes and ask any questions you have about the course.
2. How will knowledge of Adverse Childhood Experiences help you provide better services to WIC participants?
3. What is your role in supporting resilience in participants?
4. What are common adverse childhood experiences observed in your area?

References

[Trauma Informed Oregon](#)
[Adverse Childhood Experiences](#) – from Substance Abuse and Mental Health Services Administration

