Adverse Childhood Expreiences

What's in the Deck

Discovery Cards Content Map

Overview Cards











Activity Cards









ACE Question Cards























ME

Definition Cards



























Sorting Cards



I was scared



l was slapped,

kicked,

...by an adult in the home





I was touched in

a sexual way (without my consent





Made me

:1





Adverse Childhood Experiences



Adverse Childhood Experiences



Drank alcohol











Acted depressed

Were always

I witnessed a family member being arrested



Provided me with shoes, coats, gloves, socks, and/or underwear



Slapped, kicked, punched







TRUSTED NETWORK My ability to get help from trusted individuals :1

PROBLEM CONNECTION SOLVING SKILLS Resilience Cards

What's in the Deck

Overview Cards

Activity Cards

:1

Definition Cards

ACE Question Cards

Sorting Cards

Resilience Cards

Main Color: Box Color

1 Topic Description Card

1 Quick Start Card

1 Model Card 1 Expert Card

1 Topic Definition Card

1 R1 Card

Main Color: Black

Activity 1: Identify My Adverse Childhood Experiences (ACEs)

Activity 2: Identify My Adverse Childhood Experiences in More Detail (ACEs) Activity 3: Identify My Resilience Practices

1 ME Action Card

1 People, Places, Things, Situations Card

Main Color: White with Color Circle

1 Emotional Abuse (Gold) 1 Physical Abuse (Orange)

1 Substance Use (Light Blue)

1 Mental Illness (Green) 1 Sexual Abuse (Red) 1 Emotional Neglect (Fuchsia) 1 Parental Seperation

or Divorce (Light Green) 1 Physical Neglect (Purple 1 Intimate Partner Violence (Blue) 1 Incarcerated Household

Member (Yellow)

Main Color: White with Color Tops 1 Emotional Abuse (Gold)

1 Substance Use (Light Blue)

1 Physical Abuse (Orange) 1 Mental Illness (Green) 1 Sexual Abuse (Red) 1 Parental Seperation

1 Emotional Neglect (Fuchsia) or Divorce (Light Green) 1 Physical Neglect (Purple 1 Incarcerated Household 1 Intimate Partner Violence (Blue)

Member (Yellow)

Main Color: White with Color Tops

4 Emotional Abuse (Gold) 4 Substance Use (Light Blue) 4 Physical Abuse (Orange) 4 Mental Illness (Green)

4 Parental Seperation 4 Sexual Abuse (Red)

4 Emotional Neglect (Fuchsia) or Divorce (Light Green) 4 Physical Neglect (Purple 4 Incarcerated Household

4 Intimate Partner Violence (Blue) Member (Yellow)

Main Color: Gray

1 Connection

1 Positive Outlook 1 Problem Solving Skills 1 Emotional Regulation

1 Trusted Network 1 Meaning in Life

78 TOTAL CARDS

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