

SHAPING DESTINY

Video Introduction

We will be watching a 30-minute video that focuses on adverse childhood experiences, or ACEs.

- How many of you have heard of ACEs? (raise hand)
- Of those who are raising your hands, what does ACEs mean to you?

After learning more about ACEs, we will also learn about youth resilience. Specifically, what helps kids to be resilient? Learning this information will help us support kids in experiencing mental wellness.

The video will say this, but please know if you find the information difficult to listen to or triggering, you may step out and come back when you are ready.

Throughout the video there will be discussion questions we may stop and talk about. We will also have the opportunity to discuss the information at the end.

And here is, “Shaping Destiny.”

Optional Video Discussion

Reflection: What are some behaviors you have seen that potentially identify kids with ACEs?

Video Debrief

- What initial thoughts or reactions do you have about the information that was presented?

Thank you for your participation in watching this video and discussing take-aways. We thought it was important information to share because we all have youth we serve in some way. It takes a community to strengthen resilience. After today’s meeting, we will email you a link to a website that includes the video, additional materials such as the ACEs survey, a resilience survey, and other resources. If you have additional thoughts on how this information impacts your work, please let us know.

Optional Evaluation

We have an evaluation we’d like you to complete. It gives us an idea of whether learning has taken place and potential next steps to consider.