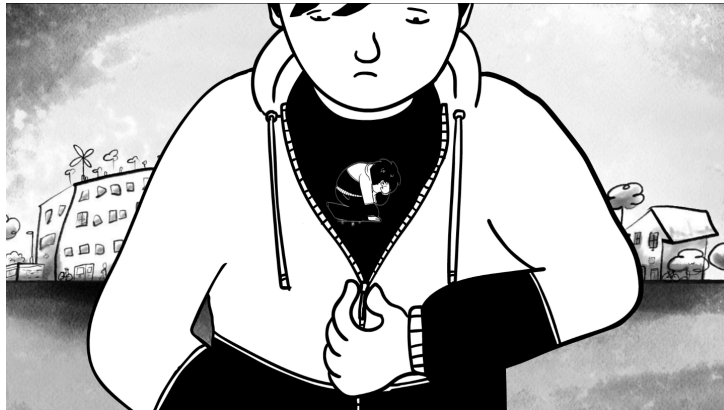


What are Adverse Childhood Experiences?



Adverse Childhood Experiences are any frightening, shocking or overwhelming experiences which happen in a child's life before the age of 18.



A child can experience these events as out of their control and terrifying. They might not feel that they can process the traumatic sensations in their bodies, hearts and minds with anyone in their life, so all too often adverse experiences remain unsaid and unseen.



Studies from across the world show that interpersonal traumas such as physical, emotional or sexual abuse can shatter a child's sense of safety.



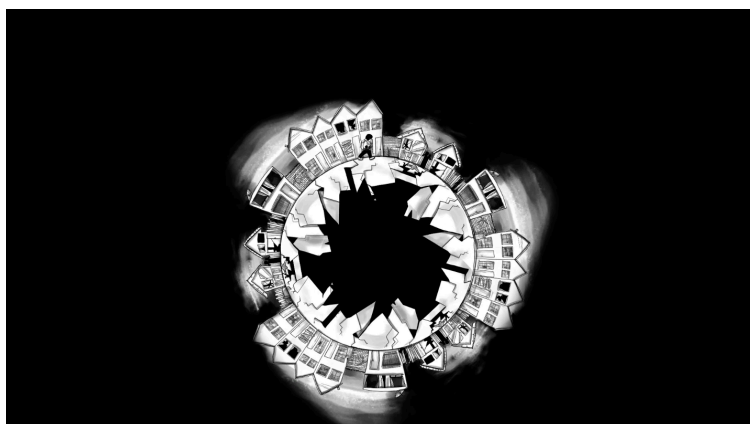
If a child experiences physical and emotional neglect or bullying then parts of their brain can make connections between their emotional pain, or feelings, and their developing sense of self-identity.



Some children who witness violence in the home or alcohol and substance misuse can lose trust in others and the world around them.



Many children also experience adversity if their neighbourhood is unsafe because of violent crime or conflict, or if they move home a number of times and lose social connections.



Unmanaged grief or separation from people they trust can impact a child's relationships and their feelings of connectedness with the world.



Adversity can happen to any child, at any point in their childhood and if unprocessed and unsupported can leave a lasting, painful legacy of fear, anger, sadness and traumatic stress.



Children affected by adversity are more likely to struggle to learn, to form healthy relationships and live with a sense of purpose and wellbeing. This can have lifelong implications for their mental and physical health and ability to participate in society.



Hope should not be lost as it is through safe, supportive and creative relationships that healing from Adverse Childhood Experiences can begin to take place.



Adults who can attune to a child's difficult feelings and listen with empathy can validate their experience of the world and create a safe relationship based on trust and curiosity.



Think of a child with whom you are connected, whether you know of the adversity they face or not. Now consider the difference that you can make in their life by opening your ears and your heart to their feelings and experiences of the world. Find a way to let them know that you are there for them, that you care and are ready to listen without judgement to what they have to

For more information visit www.kazzum.org

To view the full animation visit <https://vimeo.com/388270822>