

Respond to the questions below based on your review of the video: How childhood trauma affects health across a lifetime by Nadine Burke Harris

**1) Describe some of the ways that Adverse Childhood Experiences (ACE) impact health across a lifetime.**

Brain development, immune systems, hormonal systems, DNA, triple lifetime risk of heart and lung cancer, and 20 year difference in life expectancy.

**2a) What percentage of the population has experienced at least 1 ACE?**

67% percent of the population have experienced at least 1 ACE. This is crazy statistic but I was not surprised, I believe this would be higher today

**2b) What percentage experienced at least 4 or more ACES?**

12.6% or 1 in 8 percent of children experience 4 or more aces. I was surprised at this as well but I know this would be higher today. We do not even know the affect that Covid has had on children yet.

**3a) How might childhood trauma impact brain development?**

Depression, and suicidal can affect the nucleus abacus where the pleasure and pain centers are. This is a main factor in substance abuse. This also inhibits the prefrontal cortex which is for impulse control and learning.

**3b) How might that impact shape human behavior?**

People that are exposed to high levels of adversity are tend to be more predisposed to high risk behavior. Having a maladaptive fight or flight reflex can mess up brain structure and functioning. If we taught stress inoculation training and how to cope with stress and anxiety maybe we would have better outcomes.

**4) What were some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress?**

Prevention, and screening and heal toxic stress. Some of the interventions are for mental healthcare, holistic care, parental education, nutrition, and medication when necessary. They tailor the care for each patient.

Listening to the Tedtalk, I was thinking about children with ACES, and violence. I also was thinking about just the environment, if the child has a great home environment but a horrible school environment can the ACES come from there? They address the home environment. I was wondering what happens when you get a school full of aces with 4 or more together. Secondly, I was wondering about resilience, We are talking about American children, what about children that are in war torn areas?