

Adverse Childhood Experiences (ACEs)' Lesson Plan (Chapter 7, Module 1, Lesson 24)		
Duration	Objective	Activity
5 mins	<ol style="list-style-type: none"> 1. Foster a sense of community where all know each other and feel comfortable in each other's presence 2. Establish guidelines for respectful and effective communication and collaboration within the group. 	Introduce yourself and have students introduce themselves if they do not know each other. Start with a list of rules and have students add (large group activity).
10 mins	<ol style="list-style-type: none"> 1. Define ACEs 2. Identify impacts of ACEs 3. Explain the relationship between ACEs and Substance use 4. Connect the concepts of peer bullying and ACEs 	<p>Questions and discussion: Ask the pre-assessment questions. If youth cannot provide the answers, fill the gaps with a lecture/video.</p> <p>Pre-assessment questions:</p> <ul style="list-style-type: none"> • Do you know what it means to feel safe? • Do you think it's important to have people you can trust and talk to if something upsetting has happened to you? • What are some things that help you feel better when you're feeling sad or scared?
10 mins	Identify ways to heal from experiencing ACEs	Large group discussion about ACEs
5 mins	Each student is able to state at least one thing they will take away from the lesson	Ask students "What is one thing you learned today? How will you use what you learned? Ask everyone to name one thing. Show a video highlighting key concepts.
Materials Required: Flip Chart/Whiteboard/Blackboard + Pen/Marker		