



Safeguarding Newsletter

Adverse Childhood Experiences



Welcome to this edition of our Safeguarding newsletter

In this edition, we are focusing on an important safeguarding theme: Adverse Childhood Experiences (ACEs). ACEs are potentially traumatic or highly stressful events that occur during childhood, such as abuse, neglect, domestic violence, or living in a household affected by mental health difficulties or substance misuse. These experiences can have a lasting impact on a child's development, influencing their emotional wellbeing, learning, relationships, and long-term health. Research shows that ACEs are more common than many people realise and can affect individuals from all backgrounds. While not every child who experiences adversity will go on to experience difficulties, the evidence is clear that the number and combination of adverse experiences can increase the likelihood of challenges later in life. emergingminds.com.au

I hope you find this month's newsletter of some benefit. If you ever wish to discuss any of the issues raised, please do not hesitate to contact me or ask to speak to one of the Designated Safeguarding Leads (DSLs) in school. We are always here to listen, support, and work in partnership to ensure the safety and wellbeing of all children.

Best wishes,

Mrs Anscombe
Assistant Head of School and SENDCo

Adverse Childhood Experiences (ACE)

The signs of an adverse childhood experience can include:

- Fear of other people**
- Difficulty sleeping or frequent nightmares**
- Bedwetting**
- Changes to their mood**
- Difficulty showing affection**
- Difficulty learning in school**
- Avoiding situations or events that relate to a traumatic experience**

What Impact Do ACEs Have?

As the number of ACEs increases, so does the risk of negative health outcomes

RISK →

0 ACES 1 ACES 2 ACES 3 ACES 4+ ACES

Possible Risk Outcomes:

BEHAVIOR

- Lack of Physical Activity
- Smoking
- Alcoholism
- Substance Abuse
- Missed Work

PHYSICAL & MENTAL HEALTH

- Severe Obesity
- Diabetes
- Depression
- Suicide Threats
- STIs
- Heart Disease
- Cancer
- Stroke
- COPD
- Broken Bones



WHAT PROTECTS YOUNG PEOPLE FROM ACES?

Not all young people who face childhood adversity or trauma go on to develop a mental health problem.

There are personal, structural and environmental factors that can protect against adverse outcomes, as shown in the protection wheel opposite.



How can I support a child with ACEs?

The most important protective factor for the child is to know that they have an adult to turn to. This supportive adult can be anyone in the child's life: a family member, a teacher, a coach. You can be this supportive adult. Supporting the child to establish good and nurturing relationships is important for overcoming ACEs as well.

Childline – to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. 0800 1111.

The Mix – Offers support to anyone under 25 about anything that's troubling them. 0808 808 4994.

Winston's Wish – specialist child bereavement support services across the UK. 0808 802 0021.

Women's Aid – a charity that works at both local and national levels to ensure women's safety from domestic violence and promotes policies and practices to prevent domestic violence. 0808 2000247.

The Mankind Initiative – a confidential helpline for male victims of domestic abuse and domestic violence. 01823 334244

Alcoholics Anonymous – is a fellowship of men and women who share their experience, strength and hope with each other to recover from alcoholism. The only requirement for membership is a desire to stop drinking. 0800 9177 650.

Action for Young Carers – Young Carers Support Service delivers a range of support services for young carers living in between 5-18yrs. 0115 9629351

Asylum Seeker and Refugee Support Service. 0115 8764691

Base 51 Counselling Service – The Base 51 Counselling Service provides time and space for young people aged 12 to 25 to talk about their feelings. 0115 9525040.

CAMHS Crisis Team – Crisis assessment, intensive home treatment and in-reach services for children and young people experiencing a mental health crisis. 0808 196 3779.

Place2be - counselling Mental Health support for children - <https://www.place2be.org.uk/>