

# EmBRACE

and  
Become ACE informed

## Is your school ACE Informed?



Research shows that there is a strong link between **Adverse Childhood Experiences (ACEs)** and poor physical and mental health, chronic disease, **lower academic success** in childhood and, into adulthood.

The **neurobiological effect** that **ACEs** and **toxic stress** cause towards a **child's brain** needs to be understood. Children experiencing trauma **act out**. They **can't focus** or **sit still** or they **withdraw**. **Fight, flight or freeze** is the normal and expected response to trauma. They **never** endure the **natural recovery mode**. So they cannot learn.

Coping behaviours may also be seen as a response to the changes in the chemistry of their developing brain that is being impacted by ACEs

**EmBRACE** recognises each of these components and provides a framework for schools to meet these challenges by becoming ACE Informed.

**EmBRACE** Emotionally & Brain Resilient to Adverse Childhood Experiences is a specialised support package for schools which takes a universal approach to being ACE Informed.

There are three main components within **EmBRACE** which focus on:

### 1) A Strategic Approach

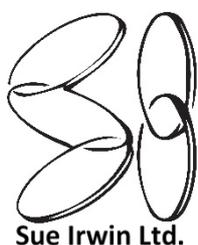
- ✓ Focus on whole school improvement
- ✓ Framework to support a senior leadership team in the identification of changes needed to become an ACE Aware school - linked to Ofsted framework and SEF
- ✓ Infra-structure to drive forward change management and sustainability
- ✓ Audit and Development plan which promotes emotional health and wellbeing as evidenced by 'Promoting children and young people's emotional health and wellbeing: A whole school and college approach' - Public Health England

### 2) Pedagogy - Staff Training

- ✓ What ACEs are and how they can impact our child's development
- ✓ Longer term impact of ACEs into adolescence & adulthood
- ✓ Biology of the impact of trauma
- ✓ Why and how we need to prepare

### 3) Student focus

- ✓ Becoming resilient (delivery through workshops and 1:1's)
- ✓ Enabling improved learning strategies to improve educational attainment



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