



## Activity 1.2

### Video: 7 Ways Childhood Trauma Follows You into Adulthood



<https://www.youtube.com/watch?v=N2oUfg7qNG0>

#### Objective:

- Explore how Adverse Childhood Experiences (ACEs) can result in challenges during adulthood. Childhood abuse can have far-reaching effects. From insecurities to intimacy issues, from not daring to trust people to difficulties making friends, the effects of childhood abuse can show in any area of your life.

#### Steps:

1. Watch the video *7 Ways Childhood Trauma Follow You into Adulthood*.
2. Following the video, review the seven (7) ways childhood trauma can follow you into adulthood:
  - a. You do not remember your younger years.
  - b. You find yourself in toxic relationships.
  - c. You feel like you do not deserve love at all.
  - d. You develop passive aggressiveness.
  - e. Negative self-talk is amplified.
  - f. You ride an emotional rollercoaster.
  - g. You do not know who you are.
3. Ask the following questions of the group:
  - Do we know students who express these behaviors?
  - How can we educate students regarding these lasting impacts?