



JOURNAL PAGE: DAY 12

ACEs

Use the spaces on the right side below to enter your answers and thoughts, and then save this document to your computer for future reference.

Reflect on some systems and policies that you interact with regularly. Are there ways they could be creating trauma for families of color?

Thinking about your own areas of influence, how can you increase understanding of the impact of childhood trauma?

Other thoughts:

What was your 'a-ha' moment (moment of surprise or new information)?

What was your 'hurt' moment (feeling of discomfort)?

What will you do differently?