

## BACKGROUND

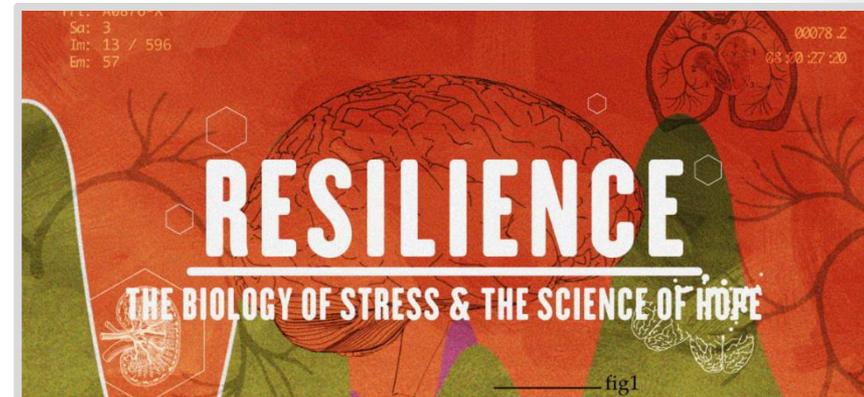
ACEs are highly relevant to public health and so, in support of the ongoing roll-out of ACEs awareness taking place across Northern Ireland, CYPSP have offered to facilitate free screenings of ***Resilience: The Biology of Stress & the Science of Hope***, a one-hour documentary which delves into the science of Adverse Childhood Experiences (ACEs) and chronicles the promising beginnings of a national movement to prevent childhood trauma; treat toxic stress; and greatly improve the health of future generations.

In liaison with Iveagh Primary School's principal, a dedicated screening of “Resilience” took place, in the school, on Friday 24<sup>th</sup> May 2019, with the aim of taking steps towards implementing trauma-informed practices within the school itself and also raising awareness of ACEs within the local community.

Teaching staff, non-teaching staff, board of governor members and parents / carers of Iveagh Primary School and Nursery Unit children were invited to attend the screening which was facilitated by Una Casey & Darren Curtis from CYPSP.

Making a contribution to all 8 **High Level Outcomes** for Children:

- ✓ Physical & Mental Health
- ✓ Enjoyment of Play & Leisure
- ✓ Learning & Achieving
- ✓ Living in Safety & with Stability
- ✓ Economic & Environmental Wellbeing
- ✓ Positive Contribution to Society
- ✓ Respect for their Rights
- ✓ Promotion of Equality & Good Relations



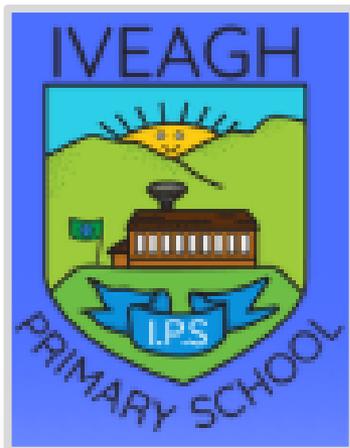
# How much did we do?

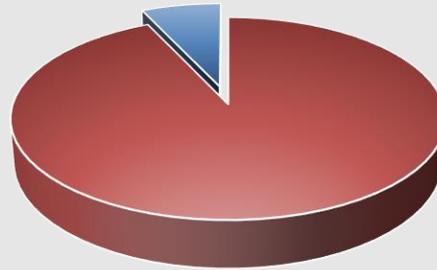
## SCREENINGS

- ✓ 'Resilience' DVD was shown in Iveagh Primary School on Friday 24<sup>th</sup> May 2019
- ✓ CYPSP facilitated tailored discussions at the screening

## ATTENDEE PARTICIPATION

- ✓ 29 attendees in total
- ✓ Teaching staff, non-teaching staff & board of governor members represented at the screening, as well as parents / carers



**PARTICIPANT EVALUATION**

93% of attendees stated that the information heard will be of use to them. 7% said that the information would be somewhat of use.

**PRE- & POST- COURSE FEEDBACK**

Both before and after both screenings participants rated their **knowledge level** in relation to the subjects covered in the DVD:

- Before the screening, only 1 (3%) confirmed to have had a “good” or “excellent” knowledge about ACEs / By the end of the screening, this figure had risen to 28 (97%)
- Before the screening, 8 (28%) confirmed to have had a “good” or “excellent” knowledge about Resilience / By the end of the screening, this figure had risen to 27 (93%)
- The percentage of participants giving a combined topics\* rating of “good” increased from 1.5% at the start of the screening to 79% by the end of the screening
- 66% gave a combined topics rating\* of 1 or 2 (with 1 representing “poor” knowledge) at the beginning of the screening / By the end of the screening, 0% featured in the 1 or 2 bracket

\*Knowledge about Adverse Childhood Experiences AND Resilience

## How well did we do it? | Is anyone better off?

### Will the information you heard be of use to you?

I will definitely be even more observant and aware of childhood issues within the classroom.

I will add to existing relationships with children in school and at home.

It makes me aware of important role a teacher can have in being a part of the support network required to help children being stable, nurturing, encouraging & kind.

Will enable me to pick up on signs of ACEs in all situations.

The stats highlighted the huge effect life situations / events have on development.

### What key message will you take away from the event?

There are ways to improve & help children overcome the adversities they have met in their lives.

I have the opportunity to help children who are experiencing something that is not OK.

To remember that behaviours are not always a condition, but a symptom of life experiences which the child may be subject to.

"Fix the environment not the flower."  
Great quote!

Concentrate on the child, not the activity. We are key to buffering children from some of the adversity in their environment.

What do you suggest as a next step in this area with regards to ACEs and Resilience?

More sessions like this in other schools across NI.

For me – Ask more and listen better.

To keep informing children of what things are not all right in their lives and arm them with information so that they may open up to someone.

Closer relationships between educators and healthcare professionals.

Every school and group need to familiarise themselves with ACEs & resilience and put a policy in place.

Raising awareness that all children are vulnerable, not just the lower income families.

How to reach parents and show them how they make all the difference.

A child-friendly informative session that could be shown in schools to allow children to be aware that issues affect them and it's OK to talk about these??

Teaching children rules for being safe, e.g. "It is not OK...".

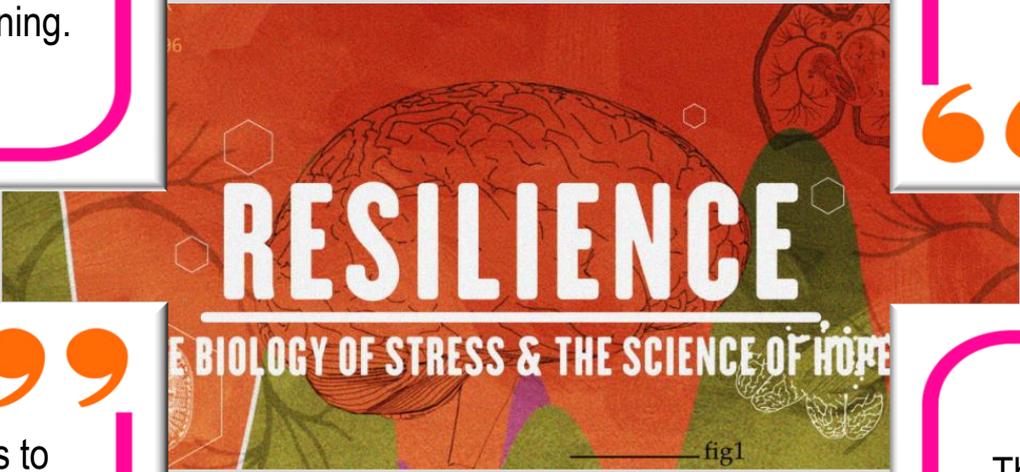
More cause & effect information.  
More tools to help children develop resilience.

Today's training was most valuable. Inspired to strengthen knowledge through further training.

I gained a great insight into ACEs today. Thank you!

Very useful. Needs to be delivered in all areas of planning / delivery of services.

The key message I will takeaway from today... For me - Ask more and listen better!



# RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

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