



# JOURNAL PAGE: DAY 10

## ADVERSE CHILDHOOD EXPERIENCES (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.

**What was your “aha moment” (moment of surprise or new information)?**

**Does this information change your perspective?**

**How will you use what you learned today to create more equitable spaces?**

**How has trauma affected your own life?**

**What is something you can do in your community, workplace, or personal life to affect change on this issue?**