



Activity 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?