

Adverse Childhood Experiences and the Lifelong Consequences of Trauma

1. Examples of Adverse Childhood Experiences include:
 - a. emotional, physical, and sexual abuse
 - b. emotional and physical neglect
 - c. household substance abuse
 - d. all the above

2. Healthy brain development can be disrupted or impaired by prolonged stress response.
 - a. True
 - b. False

3. Stress becomes toxic when there is strong, frequent, and prolonged activation of the body's stress response without the protection of a supportive adult relationship.
 - a. True
 - b. False

4. A child who has experienced ACE's is less likely to have learning issues and is at less risk for early initiation of sexual activity.
 - a. True
 - b. False

5. Stress in a supportive environment may not be toxic.
 - a. True
 - b. False

6. The brain is not structurally complete at birth which gives children a chance to adapt to the specific needs presented by the environment into which they have been born.
 - a. True
 - b. False

7. An infant's brain cannot adapt to what it sees, hears, and feels.
 - a. True
 - b. False

8. Children learn from every person encountered especially primary caregivers.
 - a. True
 - b. False

9. Factors that affect resilience in children include:
 - a. cognitive capacity
 - b. ability to learn
 - c. ability to regulate emotions
 - d. all the above

10. A child may need to develop some emotional stress to develop healthy coping mechanisms and problem-solving skills.
 - a. True
 - b. False