Ruarteness drives change

Learn about ACEs

and resilience Visit actionaces.org Follow Twitter @actiononaces

. Change the question: ask "What happened to you?" not "What's wrong with you?"

- Share your learning
- Talk about your own experiences

Gloucestershire

Show kindness and compassion

- Listen and be there
- Become an ACEs Ambassador
- Host an awareness event at work or in

your community

Be brave and join in with your community

Practice being kind to yourself and others

· Be active; get involved in sports

Think about including others

vou can trust and talk to

Find a grown up

 Develop your interests and help others to learn new things too

Be that person for someone else

BE AWARE

Action inspires due's



- Learn about ACEs and resilience
- Change the question from "What's wrong with you?" to "What's happened to you?"
- Show kindness and compassion
- See the person
- Listen
- Be brave

This space has been left blank for your own pledge

As an ACEs Ambassador I pledge to:

Resources are available online at:

www.actionaces.org

@actiononaces