

Help Raise Awareness through our Social Media Toolkit

Now available!



ACEs Awareness Day 2023 Social Media Toolkit

Advocates and legislators are gathering at the Capitol on Monday, April 24th to educate and raise awareness about prevention and mitigation of [Adverse Childhood Experiences \(ACEs\)](#) and increasing [Protective Factors](#), and [Positive Childhood Experiences \(PCEs\)](#).

We are pleased that the New York State Office of Mental Health has provided an award of *\$9.5 million over five years* for the establishment of a Trauma-Informed Network and Resource Center to advance understanding of trauma, the use of trauma-informed principles, and the availability of trauma-informed care throughout the state in the Executive Budget proposal. The NYS Trauma-Informed Coalition and other partners are eager to see these provisions included in the final Enacted Budget.

Although ACEs Awareness Day partially highlights the impact and prevalence of childhood adversity, **our focus remains on emphasizing the importance of preventing ACEs from ever occurring.** The work of Prevent Child Abuse New York (PCANY) is centered in prevention and, in particular, in bolstering programs that address problems before they ever occur. This is referred to as “primary prevention.”

Protective factors at any age highlight the power of connection, of moving from isolation to community, of building resilience through each proactive step.

We thus encourage everyone to engage with at least one of the resources provided , to foster community, connection, and resilience in the people we serve and in ourselves as well.

Here are some tools that can help you do that:

GRAPHICS

Language for Social Media

ACEs/Protective Factors

Adverse Childhood Experiences (ACEs) such as child abuse/neglect, domestic violence, and loss of a parent are linked with adverse effects in adulthood. Learn more:

<https://www.cdc.gov/violenceprevention/aces/index.html> #ACEsAwarenessDay2023

Preventing child abuse often happens at the community level. A strong, supportive community that values parenting and families makes a safe and healthy environment for kids. And parents who know they have support and access to resources are better parents.

#ACEsAwarenessDay2023

A strong community helps parents learn, supports them and reduces stress through programs and services that emphasize Protective Factors. Learn more:

<https://www.preventchildabuseny.org/learn-about-prevention> #ACEsAwarenessDay2023

Protective factors help to mitigate the effect of ACEs, & include: nurturing & attachment; knowledge of parenting & child development; parental resilience; social connections; and concrete support for parents. #ACEsAwarenessDay2023

Protective factors can be opportunities for parents to get to know each other, develop support systems, & take leadership roles, including through sports teams, advisory groups, and volunteer opportunities. #ACEsAwarenessDay2023

Protective factors can help parents get support through classes, support groups, in-home visits, tip sheets and resource libraries. #ACEsAwarenessDay2023

A protective factor can be an offer of extra support to families when they need it, as in times of illness, job loss or housing problems. #ACEsAwarenessDay2023

A protective factor can be providing referrals for job training, education, health care, mental health, and other community services. #ACEsAwarenessDay2023

Some programs specifically focus on helping children articulate their feelings and get along with others. When children bring home what they have learned in the classroom, parents benefit as well. #ProtectiveFactors #ACEsAwarenessDay2023

Did you know? Children who feel supported by family during difficult times grow into healthier adults. #ProtectiveFactors #ACEsAwarenessDay2023

Did you know? Children who feel supported by friends grow into healthier adults.
#ProtectiveFactors #ACEsAwarenessDay2023

Did you know? Children who feel a sense of belonging in high school grow into healthier adults.
#ProtectiveFactors #ACEsAwarenessDay2023

Did you know? Children who feel safe and protected by an adult at home grow into healthier adults. #ProtectiveFactors #ACEsAwarenessDay2023

Did you know? Children who participate in community and family traditions grow into healthier adults. #ProtectiveFactors #ACEsAwarenessDay2023

Did you know? ACEs can be prevented. Preventing ACEs can help children and adults thrive and potentially lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood. #ACEsAwarenessDay2023

Did you know? ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. Let's address ACEs as a public health concern and PREVENT them for future generations! #ACEsAwarenessDay2023

ACEs/Primary Prevention

The pandemic has made one thing very clear: we must do more to support our communities. Families and children need concrete supports that reach them early on, prevent ACEs, and ensure strong, stable, supported families. #ACEsAwarenessDay2023

The “upstream” approach to family support prevents Adverse Childhood Experiences (ACEs). Nurturing resilience and bolstering Protective Factors in a child’s life leads to better outcomes.

Programs such as ParentChild+ home visiting and Help Me Grow identify the strengths of parents/caregivers and nurture Positive Childhood Experiences in a child’s life. Promoting resilience offsets adversity and childhood trauma. #ACEsAwarenessDay2023

Trauma quotes

[Twitter Images \(Quotes\)](#)

[Facebook Images \(Quotes\)](#)

[Instagram Images \(Quotes\)](#)

Trauma in a person, decontextualized over time, looks like personality. Trauma in a family, decontextualized over time, looks like family traits. Trauma in a people, decontextualized over time, looks like culture. – Resmaa Menakem

Your trauma is not your fault, but healing is your responsibility. – Unknown
“There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds.” — Laurell K. Hamilton, Mistral’s Kiss

“There are all kinds of addicts, I guess. We all have pain. And we all look for ways to make the pain go away.” — Sherman Alexie, The Absolutely True Diary of a Part-Time Indian

“The conflict between the will to deny horrible events and the will to proclaim them aloud is the central dialectic of psychological trauma.” — Judith Lewis Herman, Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror

Childhood trauma can lead to an adulthood spent in survival mode, afraid to plant roots, to plan for the future, to trust, and to let joy in. It’s a blessing to shift from surviving to thriving. It’s not simple, but there is more than survival. – Unknown

Trauma creates change you don’t choose. Healing is about creating change you do choose. – Michelle Rosenthal

Now, every time I witness a strong person, I want to know: What darkness did you conquer in your story? Mountains don’t rise without earthquakes. – Katherine Mackenett

Violence is violence. Trauma is trauma. And we are taught to downplay it, even think about it as child's play- Tarana Burke

“To transform health care we must acknowledge the trauma of systemic racism and work together to solve it” – Peggy Maguire, President, Cambia Health Foundation

“Rarely, if ever, are any of us healed in isolation. Healing is an act of communion.” Bell Hooks

“If we all speak up and engage in small and large acts that pursue love, peace, and justice, we can dismantle the systemic structures that promote racism, xenophobia, White supremacy, and privilege.”

— Sheila Wise Rowe, Healing Racial Trauma: The Road to Resilience