

## **Adversity, Trauma and Resilience**

## This is my pledge

I pledge to ask people I care for, the questions that could enable them to feel safe and talk about any ACE in their past.



## **Alison Speight**

Pledge made at West Yorkshire & Harrogate, Adversity, Trauma and Resilience Knowledge Exchange

March 22<sup>nd</sup> – 24<sup>th</sup> 2021

