

Using a trauma **LENS**



Adverse
Childhood
Experiences
Be the Change

L	LOOK	<ul style="list-style-type: none">• Behaviour• Body language• Environment	
E	EXPLORE	<ul style="list-style-type: none">• Think what may have happened• Think how YOU can help• Think about safety	
N	NEEDS	<ul style="list-style-type: none">• Basic needs• Understanding• Explanation	
S	SUPPORT	<ul style="list-style-type: none">• Support• Signpost• Safeguard	



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L

- Look at behaviour - agitated / shouting / lashing out / withdrawn / crying
- Look at body language - sweating / shivering / facial expression
- Look at the environment - is it safe?
- Look at their clothing

E

- Think what might have happened?
- How can you help?
- Do they understand what has happened?
- Who supports them?
- Are they afraid?
- Are you safe?

N

- What might they need?
- To feel safe - help if you can
- To know who you are and what your role is
- To have clear boundaries
- Food, water, warmth, protection

S

- Signpost - Do they need your service or something else? Offer leaflets / Information sheets
- Safeguard - Does this person need protected? Are they vulnerable? Are they safe?
- Support - Give them some time. Listen in an active way

www.safeguardingni.org/aces



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