

Ava's Path

Glossary of Terms

Here is a list of definitions that you may come across in our course. You can find out more about our course at avaspath.org.

1. **Abuse:** Any form of harmful or malicious behavior, including physical, emotional, sexual, or verbal mistreatment, typically characterized by a pattern of power imbalance and control exerted by one person over another.
2. **Advocacy:** The act of speaking or acting on behalf of oneself or others to promote and protect their rights, interests, and well-being, often aimed at creating positive social change or addressing systemic injustices.
3. **Adverse Childhood Experiences (ACEs):** Traumatic events or experiences occurring during childhood, such as abuse, neglect, household dysfunction, or exposure to violence, which can have long-lasting negative effects on health and well-being.
4. **Attachment Theory:** A psychological theory that explores the dynamics of interpersonal relationships, particularly the bonds formed between infants and caregivers, and how these early attachments influence emotional and social development throughout life.
5. **Collaborative problem-solving:** A method of addressing conflicts or challenges by working together with others to find mutually beneficial solutions, often emphasizing open communication, active listening, and cooperation.
6. **Compassion:** The ability to feel empathy for others and act with kindness and understanding towards their suffering or difficulties.
7. **Co-parenting plan:** A detailed document outlining how separated or divorced parents will share custody and make decisions regarding the upbringing of their children, including schedules, responsibilities, and communication methods.
8. **Cooperative Co-parenting:** A parenting arrangement where separated or divorced parents work together amicably to raise their children, often involving shared decision-making and mutual respect.

9. **Disability:** A physical, mental, cognitive, or developmental impairment that significantly limits a person's activities, functions, or participation in daily life.
10. **Empathy:** The ability to understand and share the feelings, perspectives, and experiences of others, often accompanied by a desire to alleviate their suffering or distress.
11. **Healthy boundaries:** Clear and appropriate limits or guidelines established in relationships to protect one's physical, emotional, and psychological well-being, while also respecting the boundaries of others.
12. **Healthy communication:** Open, honest, respectful, and effective exchange of thoughts, feelings, and information between individuals or within relationships, characterized by active listening, empathy, and clear expression of needs and boundaries.
13. **IEP (Individualized Education Program):** A customized plan developed for students with disabilities in the education system to address their unique learning needs and ensure they receive appropriate educational support and accommodations.
14. **Neurodiverse:** Referring to the diversity of neurological differences and variations in cognitive functioning among individuals, including conditions such as autism, ADHD, dyslexia, and others.
15. **Resilience:** The capacity to adapt, bounce back, and thrive in the face of adversity or challenging situations.
16. **Self-care:** Practices and activities undertaken to maintain and enhance one's physical, mental, and emotional well-being, typically involving activities that promote relaxation, stress reduction, and personal fulfillment.
17. **Special needs:** A broad term referring to individuals who require additional support, accommodations, or services due to physical, cognitive, developmental, or emotional differences or disabilities.
18. **Trauma:** Psychological distress or emotional injury resulting from experiences of extreme stress, violence, abuse, loss, or other events that overwhelm a person's ability to cope and negatively impact their mental health and well-being.