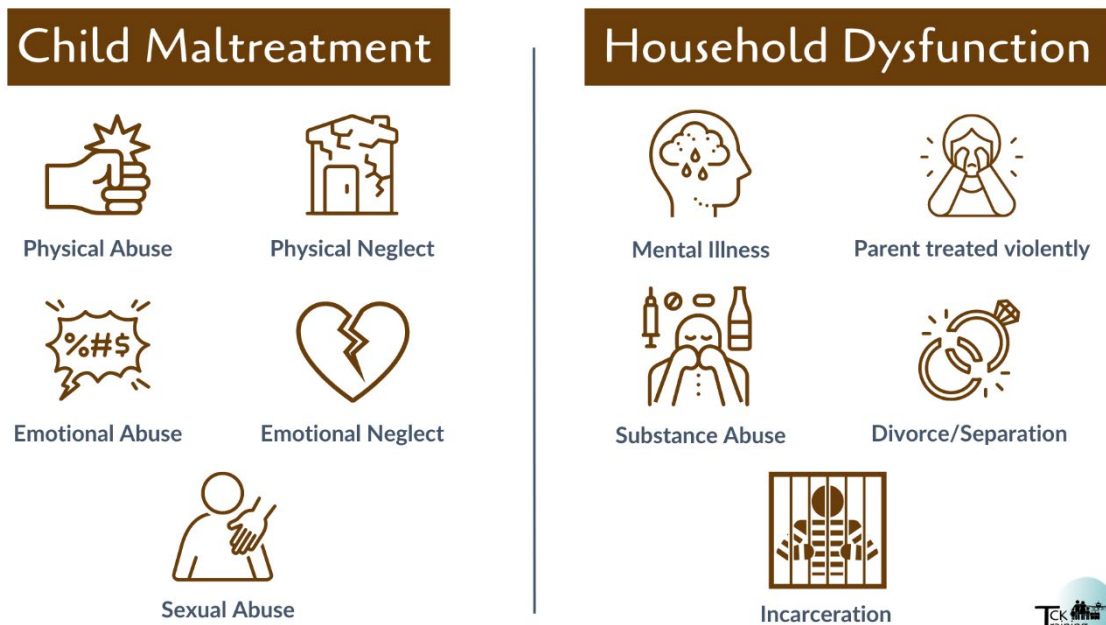


# WHAT ARE ADVERSE CHILDHOOD EXPERIENCES (ACES)?

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur during childhood (ages 0-17) and can have long-lasting effects on health, well-being, and opportunities throughout adulthood. ACEs are common, with about 64% of adults in the United States reporting that they experienced at least one type of ACE before the age of 18. However, ACEs can be prevented by establishing safe, stable, and nurturing relationships and environments for all children, thereby helping them reach their full potential. (Centers for Disease Control and Prevention, 2024).



**Relationship between early childhood trauma and health and well-being problems later in life.**

Source: World Health Organization

Death



Birth



# Ways to Prevent Adverse Childhood Experiences

- Prioritizing youth services
- Expanding early childcare education options
- Offering resources to parents
- Connect youth to caring adults and activities
- Intervene to lessen immediate and long-term harms
- Access to behavioral and mental healthcare



# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

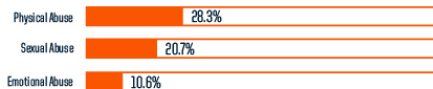


Divorce

## HOW PREVALENT ARE ACEs?

The ACE study\* revealed the following estimates:

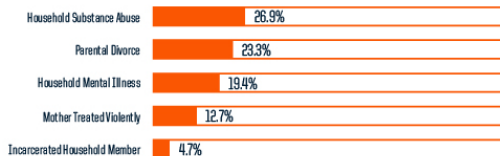
### ABUSE



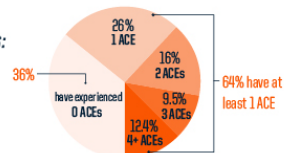
### NEGLECT



### HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



## WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

### BEHAVIOR



### PHYSICAL & MENTAL HEALTH



# Foundations To Thrive

A framework of ideal conditions to promote thriving children, supported parents and healthy & resilient communities.

**Trauma-preventive:**  
Preventing ACEs & Building Resilience

**Trauma-informed:**  
Screening for ACEs & Building Resilience

**Trauma-specific:**  
Treating ACEs & Building Resilience



You can find more information about ACE(s):

- ACEs Aware: <https://www.acesaware.org/ace-fundamentals/>
- Center for Child Counseling (ToolKit):  
<https://www.centerforchildcounseling.org/programs/fightingaces/acestoolkit/>
- Center of Disease Control and Prevention:  
<https://www.cdc.gov/aces/about/index.html>
- Stop Abuse Campaign: [https://stopabusecampaign.org/take-your-ace/what-does-your-ace-score-mean/?gad\\_source=1](https://stopabusecampaign.org/take-your-ace/what-does-your-ace-score-mean/?gad_source=1)