What are ACEs?

Adverse Childhood Experiences (ACEs) are the negative experiences of children that can have lasting effects on their health and well-being later in life. Some examples include physical abuse, sexual abuse, emotional abuse, neglect, household conduct problems, parental mental illness, separation/divorce, parental substance abuse, and household violence.

ACES can have lasting effects on...

- Health (diabetes, asthma, depression, suicide attempts, STIs, heart disease, cancer, stroke, COPD, broken bones)
- Behaviors (smoking, alcoholism, drug use, related work)
- Life Potential (graduation rates, academic achievement, lost time from work)
- Mental Illness (substance use, mood disorders, anxiety disorders, post-traumatic stress disorder, suicide)
- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Verbal Abuse
- Mental Illness
- Family Challenges
- Child Welfare
- Criminal Justice
- Economic Toll

How do ACEs affect our society?

- Life Expectancy
- Economic Toll

What can be done about ACEs?

- How Relationships Can Prevent ACEs
- How Environments Can Prevent ACEs

Strategies that address the needs of children and their families include:

- Safe, stable, nurturing environments play a large role in preventing ACEs by creating opportunities for healthy development and other outcomes, including violence.
- Safe, stable nurturing environments that benefit children and families.

Helpful Links:

- https://www.childwelfare.gov/topics/preventing
- www.cdc.gov/violenceprevention/childmaltreatment/essentials

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