



ADVERSE CHILDHOOD EXPERIENCES

REDUCING RISK FACTORS THAT LEAD TO ACEs IS THE BEST PREVENTION.

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and lead to mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. ACEs can be prevented.

WHAT'S AT STAKE?

Relationships: fear of other people, difficulty showing affection

Sleep: difficulty sleeping, frequent nightmares, bedwetting

School: behavioral or attention issues, difficulty learning

Mood: changes in mood, increased depression, anger, anxiety, etc.

WHO'S AT RISK?

ACEs can happen to anyone. They are more likely to happen in environments that include: violence, abuse (physical, emotional or sexual), neglect, substance misuse, loss of a friend or family member, missing parental figures due to incarceration or family separation, food and housing insecurity, etc. ACEs prevention involves reducing the risk factors that lead to them.





**64% OF
ADULTS
HAD AT
LEAST
ONE
ACE**

HOW TO HELP OTHERS

- Prevent ACEs from happening in the first place
- Recognize the potential challenges families face
- Strengthen economic supports to families
- Ensure high-quality child care
- Teach social-emotional learning skills
- Connect youth to caring adults and activities

HOW TO HELP YOURSELF

Treatment may include professional help, but it does not have to be limited to that. A child feeling that they are part of a community can also help. This can include: enrolling in supportive education programs, participating in mentorship programs where they can learn from others in their community, joining teams or clubs to help make new friends, build confidence, and learn new skills.

**ACEs ARE
PREVENTABLE.**