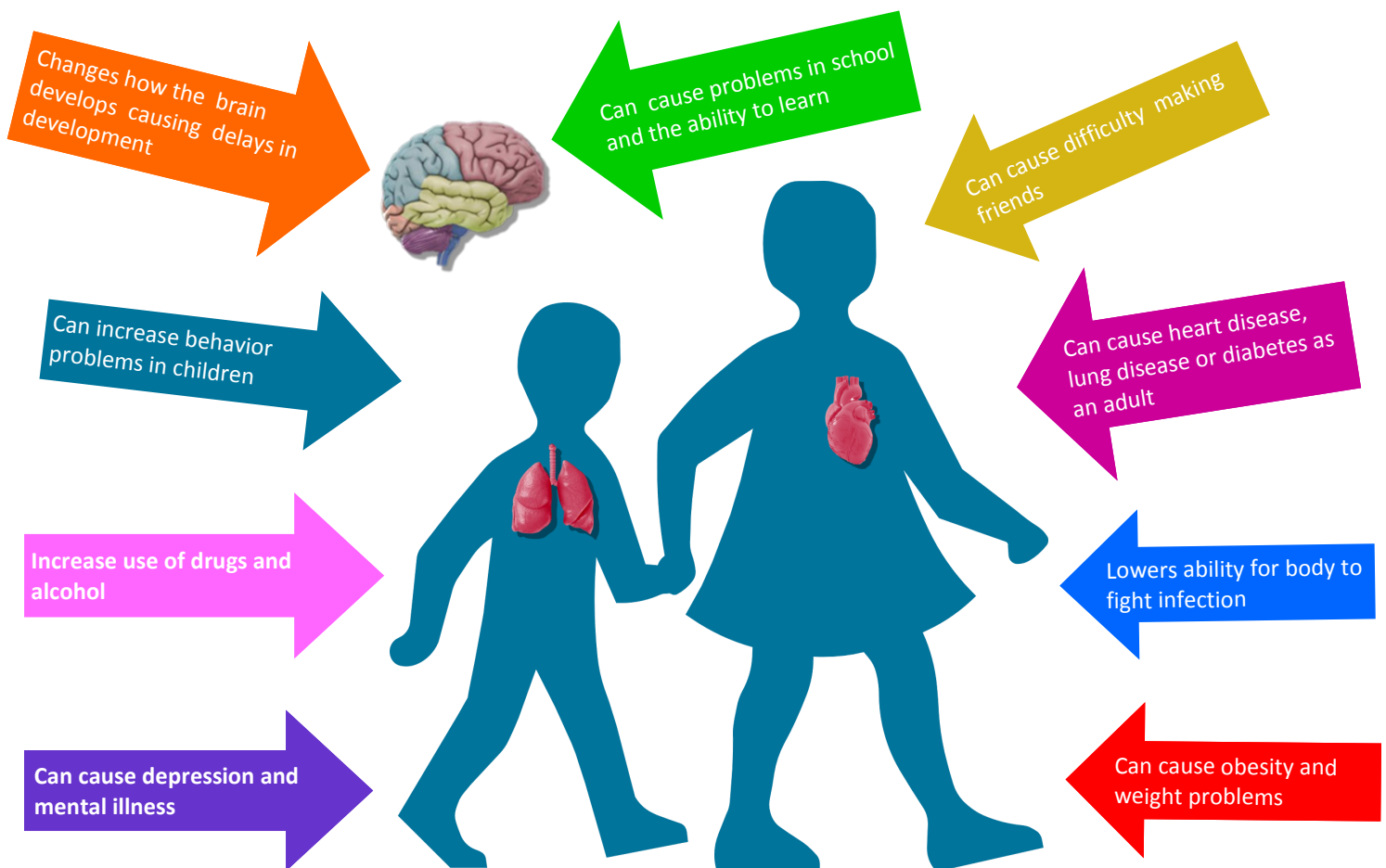


Adverse Childhood Experiences (ACEs)

They don't have to last a lifetime!

Adverse Childhood Experiences (ACEs) threaten a child's safety or security. Also called "trauma or toxic stress," they are unpleasant, hurtful experiences. They cause health problems as an adult. If you have ACEs as a child, you may pass the effects onto your children.

ACEs can affect health and well-being in the following ways:



Adverse Childhood Experiences can include:

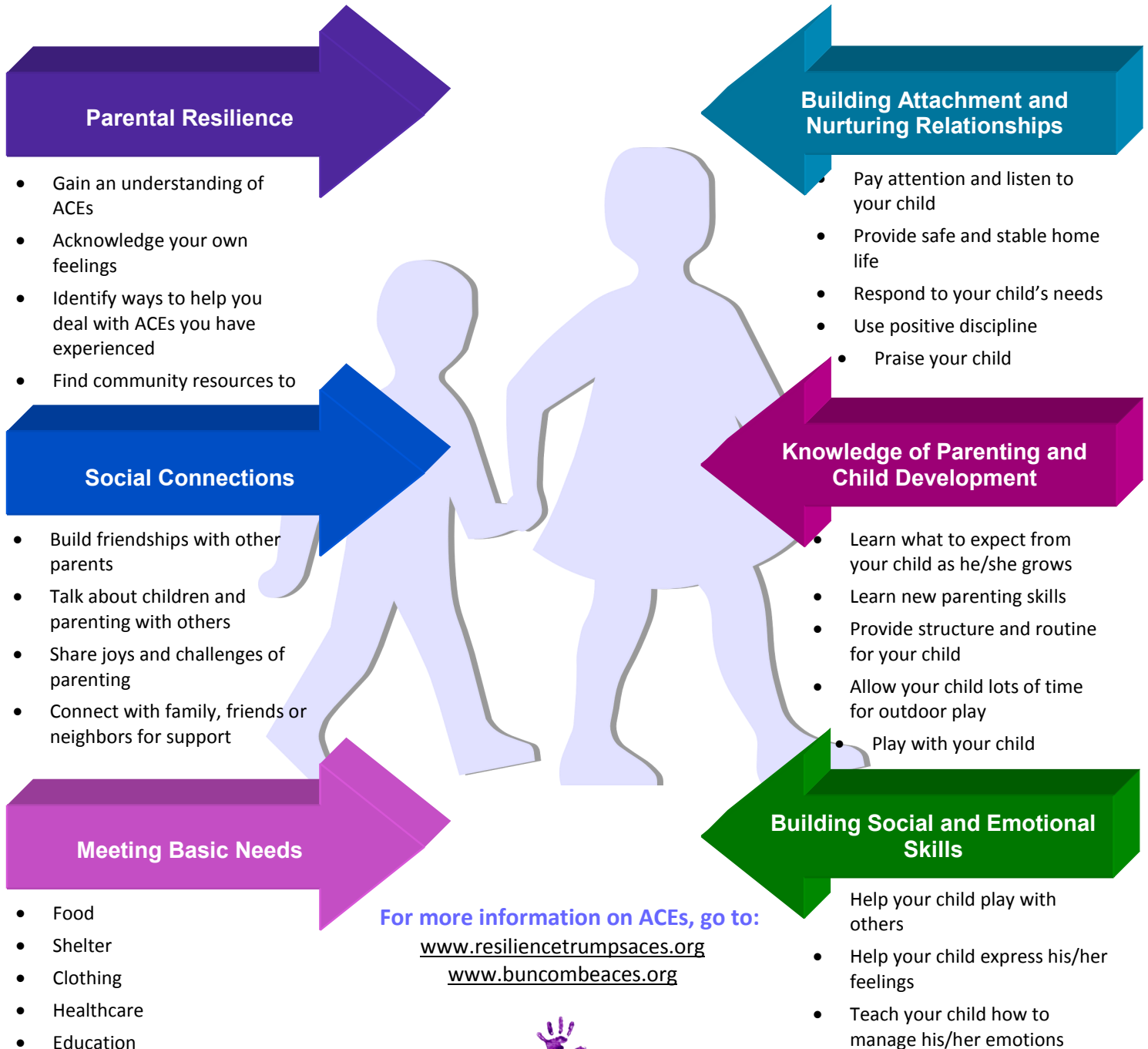
- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Household member in prison
- Bullying (by another child or adult)
- Witnessing violence outside the home
- Witness a brother or sister being abused
- Traumatic death of a family member
- Being homeless
- Natural disaster and war
- Traumatic medical procedure
- Ongoing financial hardships

Adverse Childhood Experiences (ACEs)

They don't have to last a lifetime!

The presence of a warm, nurturing and responsive adult caregiver at home, in child care, or at school can reduce the effect of ACEs.

What do children need to overcome effects of ACEs?



For more information on ACEs, go to:
www.resiliencetrumpsaces.org
www.buncombeaces.org

