

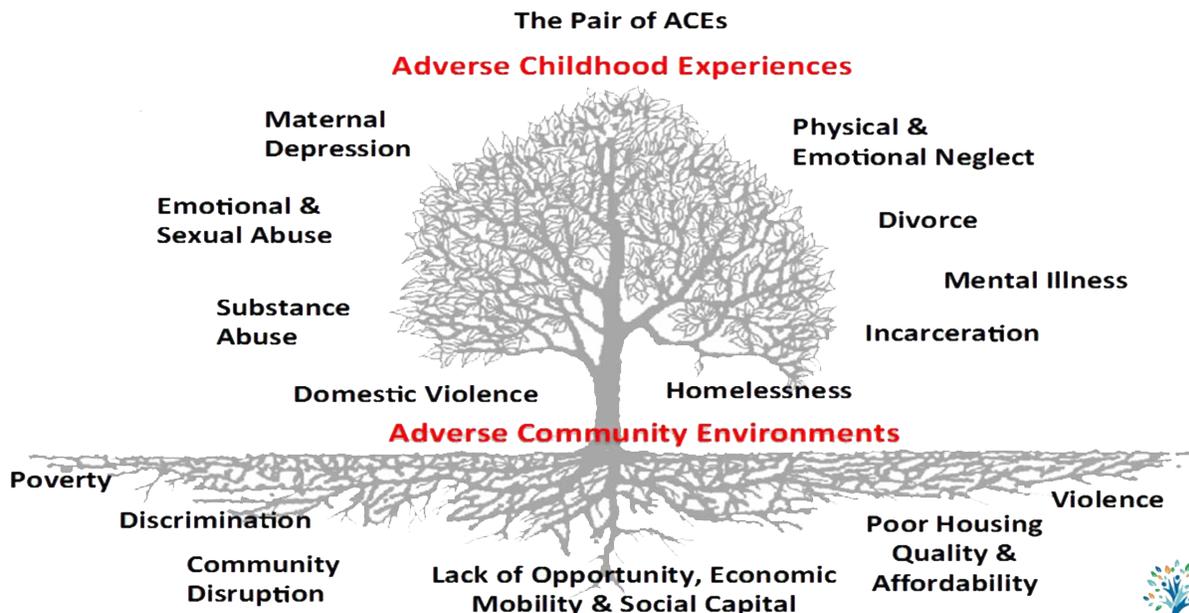
Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). ACEs are linked to chronic health problems, mental illness, and substance use problems in adolescence and adulthood. ACEs can also negatively impact education, job opportunities, and earning potential.

- Systemic and institutional racism
- Discrimination based on race, ethnicity, gender identity or sexual orientation, religion, learning differences, or disabilities
- Generational and cultural trauma
- Bereavement or survivorship
- Adult responsibilities as a child
- Mental illness in the household
- Divorce
- Emotional or physical neglect
- Violence in the home or community
- Having a family member attempt or die by suicide
- Substance use problems in the household
- Instability due to parental separation or household members being in jail or prison

ACEs are common. About 61% of adults surveyed across 25 states reported they had experienced at least one type of ACE before age 18, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

Some children are at greater risk than others. Women and several racial/ethnic minority groups were at greater risk for experiencing four or more types of ACEs.

ACEs are costly. The economic and social costs to families, communities, and society totals hundreds of billions of dollars each year. A 10% reduction in ACEs in North America could equate to an annual savings of \$56 billion.



Preventing ACEs could potentially reduce many health conditions. For example, by preventing ACEs, up to 1.9 million heart disease cases and 21 million depression cases could have been potentially avoided.

Strengthen economic supports to families

- Strengthening household financial security
- Family-friendly work policies

Promote social norms that protect against violence and adversity

- Public education campaigns
- Legislative approaches to reduce corporal punishment
- Bystander approaches
- Men and boys as allies in prevention

Ensure a strong start for children

- Early childhood home visitation
- High-quality child care
- Preschool enrichment with family engagement

Teach skills

- Social-emotional learning
- Safe dating and healthy relationship skill programs
- Parenting skills and family relationship approaches

Connect youth to caring adults and activities

- Mentoring programs
- After-school programs

Intervene to lessen immediate and long-term harms

- Enhanced primary care
- Victim-centered services
- Treatment to lessen the harms of ACEs
- Treatment to prevent problem behavior and future involvement in violence
- Family-centered treatment for substance use disorders

Raising awareness of ACEs can help:

- Change how people think about the causes of ACEs and who could help prevent them.
- Shift the focus from individual responsibility to community solutions.
- Reduce stigma around seeking help with parenting challenges or substance misuse, depression, or suicidal thoughts.
- Promote safe, stable, nurturing relationships and environments where children live, learn, and play.



Adverse Childhood Experiences (ACE)

Prior to your 18th birthday:

1. Did a parent or other adult in the household often or very often...
Swear at you, insult you, put you down, or humiliate you? or
Act in a way that made you afraid that you might be physically hurt?
 Yes No
2. Did a parent or other adult in the household often or very often...
Push, grab, slap, or throw something at you? or
Ever hit you so hard that you had marks or were injured?
 Yes No
3. Did an adult or person at least 5 years older than you ever...
Touch or fondle you or have you touch their body in a sexual way? or
Attempt or actually have oral or anal intercourse with you?
 Yes No
4. Did you often or very often feel that ...
No one in your family loved you or thought you were important or special? or
Your family didn't look out for each other, feel close to each other, or support each other?
 Yes No
5. Did you often or very often feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed
it?
 Yes No
6. Was a biological parent ever lost to you through divorced, abandonment, or other reason?
 Yes No
7. Was your mother or stepmother ...
Often or very often pushed, grabbed, slapped, or had something thrown at her? or
Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
 Yes No
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
 Yes No
9. Was a household member depressed or mentally ill? or
Did a household member attempt suicide?
 Yes No
10. Did a household member go to prison?
 Yes No