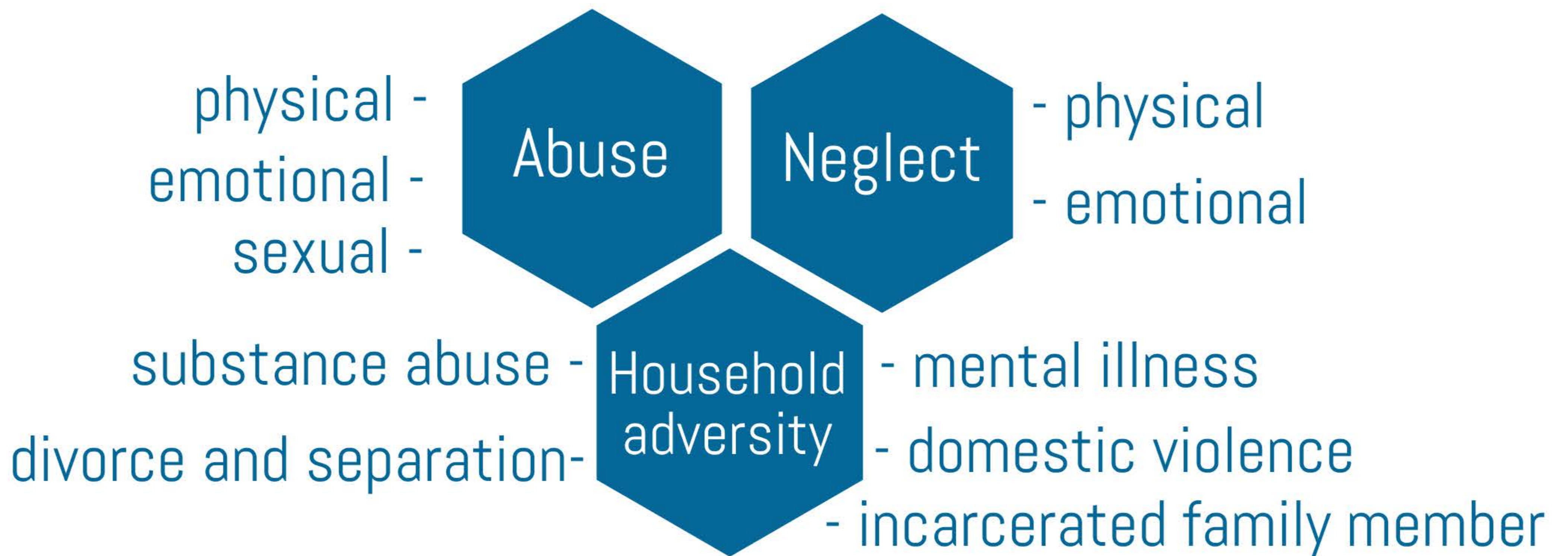


Adverse Childhood Experiences (ACEs)

WHAT ARE ACEs?

ACEs are stressful events during childhood and include:



ACEs can affect us all

IMPACTS OF ACEs

Greater risk of poor physical, mental and emotional health throughout the life-course, including:



ACEs have a cumulative effect - the more childhood adversity experienced, the greater the risk of harmful effects later in life

However, harm is not inevitable and with the right support, people can overcome adversity



Find out more: search 'ACEs' at www.gcph.co.uk

ACEs - what can we do?

IMPORTANT TO LOOK AT THE WIDER CONTEXT

Poverty

Inequality

Quality
of
environment

Household
adversity

HELPFUL APPROACHES AND ACTIONS

Suggested actions by UCL Institute of Health Equity, ScotPHN and others, include:

Take
preventive
action

Reduce
household
adversity

Improve the physical, social and economic environments in which families live

Provide integrated service responses that recognise multiple strengths and needs

Work locally to tackle social isolation

Incorporate principles of early intervention, prevention and partnership working in all policies

Address low wages and insufficient social security support

CHANGING OUR LANGUAGE

Need to
ask

What
happened
to you?

NOT

What is
wrong with
you?

Find out more: search 'ACEs' at www.gcph.co.uk