

ADVERSE CHILDHOOD EXPERIENCES (ACES)

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FACT

ACCORDING TO CDC, ADVERSE CHILDHOOD EXPERIENCES ARE "POTENTIALLY TRAUMATIC EVENTS THAT OCCUR IN CHILDHOOD (0-17 YEARS)" (CDC, 2023).

- ACES ARE COMMON (64% OF ADULTS REPORTED EXPERIENCING AT LEAST 1 TRAUMATIC EVENT)
- ACES CAN HAVE NEGATIVE EFFECTS ON WELLBEING INTO ADULthood

TAKE A QUIZ HERE TO KNOW YOUR ACE SCORE

[QUIZ](#)

WATCH THIS TED TALK VIDEO ABOUT ACES

[VIDEO](#)

POSSIBLE ACES

- COMMUNITY VIOLENCE
- BULLYING
- SUBSTANCE USE PROBLEMS
- INSTABILITY IN ENVIRONMENT
- ABUSE AND/ OR NEGLECT



AS A PARENT, I CAN...

- LEARN ABOUT THE TOPIC
- CONNECT MY CHILD TO SUPPORT WHEN NEEDED
- TEACH AND STRENGTHEN HEALTHY RELATIONSHIP SKILLS
- CONNECT YOUTH WITH ACTIVITIES AND TRUSTING ADULTS
- RECOGNIZE INTERGENERATIONAL TRAUMA
- MODEL SELF COMPASSION

HIGHER ACES SCORE IS ASSOCIATED WITH "**POOR SOCIAL OUTCOMES, DISEASE, AND DEATH**" (CDC, 2021).

RESOURCES

- CDC ([WEB](#), [INFOGRAPHIC](#))
- ACES MATTER ([WEB](#))
- [ESSENTIALS FOR PARENTING](#)



Reference

- “Aces Infographic.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, [vetoviolence.cdc.gov/apps/aces-infographic/](https://www.cdc.gov/violenceprevention/aces-infographic/). Accessed 27 Dec. 2023.
- “Fast Facts: Preventing Adverse Childhood Experiences |violence Prevention|injury Center|CDC.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 29 June 2023, www.cdc.gov/violenceprevention/aces/fastfact.html.
- “How Childhood Trauma Affects Health across a Lifetime | Nadine Burke Harris | TED.” YouTube, YouTube, 17 Feb. 2015, <https://www.youtube.com/watch?v=95ovIJ3dsNk>. Accessed 27 Dec. 2023.
- “What Is Your Ace Score?” Stop Abuse Campaign, 3 July 2023, stopabusecampaign.org/take-your-ace-test/#google_vignette.

