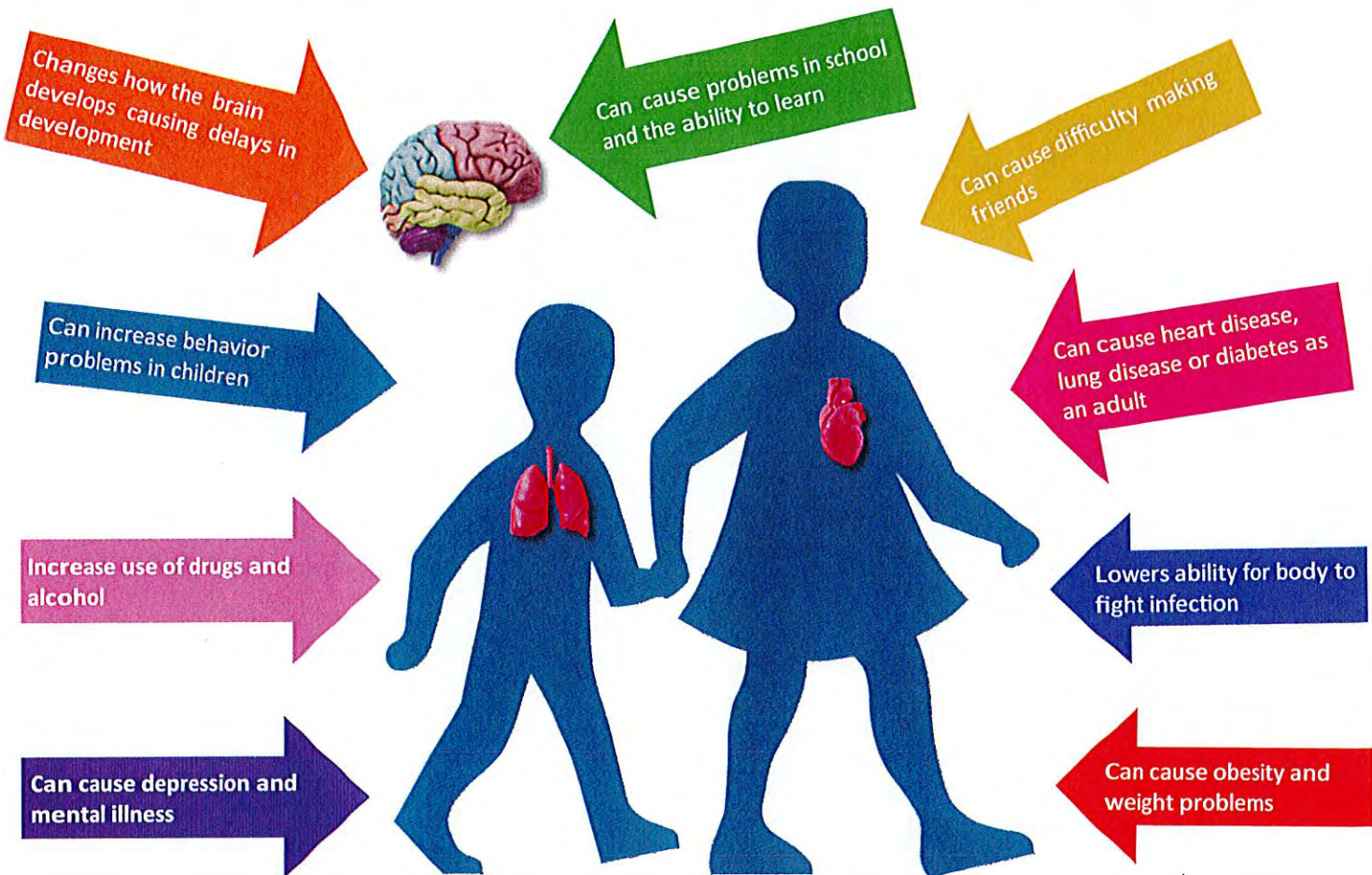


# Adverse Childhood Experiences (ACEs)

*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?*

