

# ACES

**ADVERSE CHILDHOOD EXPERIENCES**, or ACEs, are difficult or traumatic things that happen in childhood and can affect a person throughout life.

## **NEGLECT**

- Physical needs not met
- Emotional needs not met

## **ABUSE**

- Physical
- Emotional
- Sexualized

## **OTHER DIFFICULT STUFF AT HOME**

- Parents separated or divorced
- Violence between others
- Substance abuse
- Family member mentally ill
- Family member in jail



**DISRUPT BRAIN DEVELOPMENT**



**MAKE IT MORE DIFFICULT TO LEARN THINGS**  
(including how to manage emotions and create healthy relationships)



**MORE LIKELY TO USE UNHEALTHY WAYS OF COPING**



**MORE LIKELY TO DEVELOP HEALTH AND SOCIAL PROBLEMS**



**MORE LIKELY TO DIE EARLY**

Based on the Adverse Childhood Experiences study (1995–1997), a major American study by the Centers for Disease Control and Prevention and Kaiser Permanente, that collected data from over 17,000 people.