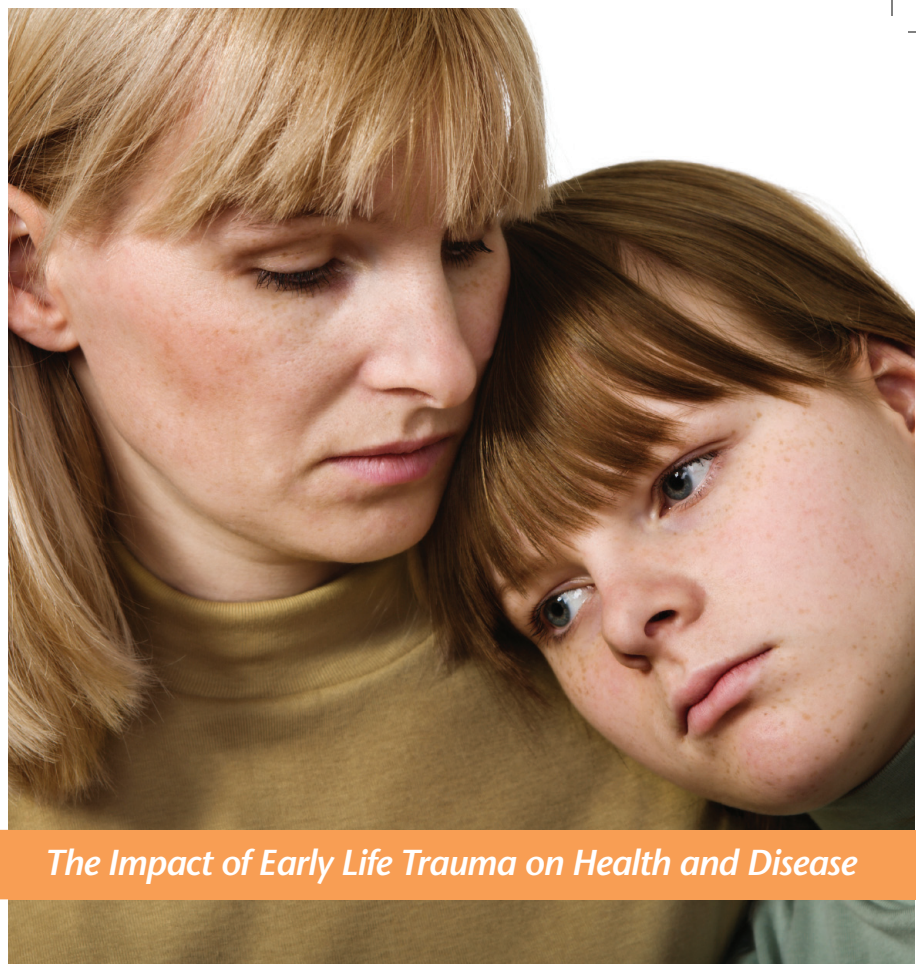


What is ACE and Why is it Important to You?

ACE

ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18.



The Impact of Early Life Trauma on Health and Disease

The landmark Kaiser ACE Study examined the relationships between these experiences during childhood and reduced health and well-being later in life.

Why is ACE important to you as an Adult?

Looking at ACEs can be a difficult and scary step to take. Research has shown that traumatic childhood experiences affect a child's brain's physical development and function. Adverse childhood experiences cause kids to have difficulties learning, making friends, and trusting adults.

Action Steps to Take for a Safe Environment:

As adults, ACEs resurface in the form of unhealthy behaviors later in life. The ACE study found a stunning link between childhood trauma and the chronic diseases people develop as adults, as well as social and emotional issues. This includes heart disease, lung cancer, diabetes, and many autoimmune diseases, as well as depression, violence, being a victim of violence, and suicide. Ref: acestoohigh.com

Learning your ace score can be scary, but by identifying action you can take, you can create a safe environment for you and your family. You and your family can take action without fear of being labeled.

What is ACE?

Abuse and Neglect

- Emotional Abuse
- Physical Abuse
- Sexual Abuse
- Emotional Neglect
- Physical Neglect

Household Dysfunction

- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member