THE TRUTH ABOUT ACES

WHAT ARE THEY?

ACEs are ADVERSE CHILDHOOD EXPERIENCES

HOW PREVALENT ARE ACES?

The ACE study* revealed the following estimates:

**ABUSE**
- Physical Abuse: 28.3%
- Sexual Abuse: 20.7%
- Emotional Abuse: 10.6%

**NEGLECT**
- Emotional Neglect: 14.8%
- Physical Neglect: 9.9%

**HOUSEHOLD DYSFUNCTION**
- Household Substances Abuse: 20.9%
- Parental Divorce: 23.3%
- Household Mental Illness: 10.4%
- Mother Treated Violently: 12.7%
- Incarcerated Household Member: 4.2%

WHAT IMPACT DO ACES HAVE?

As the number of ACES increases, so does the risk for negative health outcomes.

Possible Risk Outcomes:
- **Behavior**: Lack of physical activity, smoking, alcoholism, drug use, missed work
- **Physical & Mental Health**: Severe obesity, diabetes, depression, suicide attempts, STIs
- **Others**: Heart disease, cancer, stroke, COPD, broken bones

*Source: http://www.rwjf.org/aces
Families who can meet their own basic needs for food, clothing, housing, and transportation—and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs—are better able to ensure the safety and well-being of their children.

For more information
Please call 919-829-8009 or email info@preventchildabusenc.org
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Social and Emotional Competence
Children’s early experiences of being nurtured and developing a positive relationship with caring adult affects all aspects of behavior and development.

Knowledge of Parenting & Child Development
Children thrive when parents provide not only affection, but also respectful communication and listening, consistent rules and expectations, and safe opportunities that promote independence.

Social Connections
Parents with a social network of emotionally supportive friends, family, and neighbors often find that it is easier to care for their children and themselves.

Concrete Support
Families who can meet their own basic needs for food, clothing, housing, and transportation—and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs—are better able to ensure the safety and well-being of their children.

Resilience
Parents who can cope with the stresses of everyday life, as well as occasional crisis, have resilience; they have the flexibility and inner strength necessary to bounce back when things are not going well.

ACEs can have devastating impacts on long term health
When a child experiences adverse childhood experiences (ACEs), it can have lifelong consequences for physical and mental health. But, one caring adult can make a difference. That’s why we know building protective factors in parents, communities and businesses is important.

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Prevent Child Abuse
North Carolina™