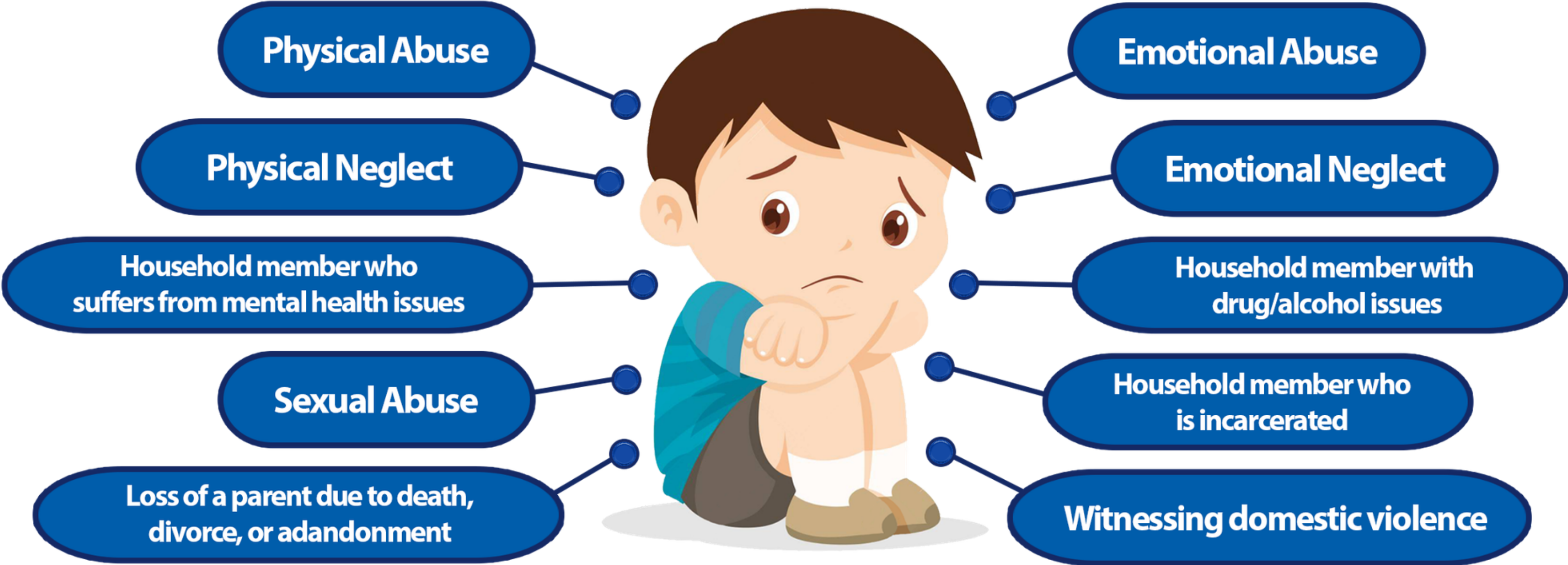


ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) are traumas that happen in a child's life that hurts or scares them. When a child experiences trauma over a long period of time it is even more harmful to their growing body and brain.

ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



ACEs can also include racial inequities, community violence, disasters, and more.

ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:

Risky Behaviors



Lifelong Health Problems



Lifelong Mental Health Problems



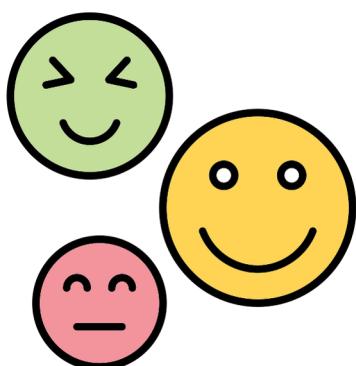
Early Death



ACEs Are Not Destiny

There is hope! Resilience is the ability to bounce back. A strong, positive relationship with a caring adult who provides safety and protection can help build resilience in children and help them overcome ACEs.

You can help children build resilience by:



recognizing & ACCEPTING THEIR EMOTIONS



helping them learn how to SET & REACH GOALS



modeling & teaching SELF CONTROL



using PROBLEM SOLVING instead of punishment

Scan to learn more about resilience!

