



# Childhood Trauma

Trauma is something that happens in a child's life that hurts or scares them. It can include things like serious illness, abuse, neglect, or having an unstable home life. When a child experiences trauma over a long period of time it is even more harmful to their growing body and brain.

Children who have gone through traumatic events may have a hard time handling their feelings. They may act out, have odd behaviors, or be very quiet and shy. They may also have a hard time following directions, making friends, and learning new things. These effects can last their whole life.

Thanks to the Adverse Childhood Experiences Study\* we have new information and a new way to talk about childhood trauma.

## ADVERSE CHILDHOOD EXPERIENCES (ACEs) INCLUDE:

Household member with mental health issues

Household member with drug/alcohol issues

Physical Abuse

Emotional Abuse

Physical Neglect

Emotional Neglect

Sexual Abuse

Household member who was/is incarcerated

Loss of a parent due to death, divorce, or abandonment

Witnessing domestic violence

ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:

Risky Behaviors



Lifelong Health Problems



Lifelong Mental Health Problems



Early Death

RIP



\*CDC Website: [www.cdc.gov/violenceprevention.childabuseandneglect/acestudy](http://www.cdc.gov/violenceprevention.childabuseandneglect/acestudy)



**Prevent Child Abuse**  
Illinois™

[www.preventchildabuseillinois.org](http://www.preventchildabuseillinois.org)

# 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 build resilience in children.

**You can build resilience by:**



**CHILDREN CAN BE HURT BUT THEY CAN ALSO HEAL**

To learn more information about childhood trauma:

visit [www.preventchildabuseillinois.org/childhood-trauma](http://www.preventchildabuseillinois.org/childhood-trauma)