Adverse Childhood Experiences (ACEs)

Definition

"ACEs" stands for Adverse Childhood Experiences. The term ACEs is used to describe experiences that occur before the age of 18.

3 out of 5 Georgians have experienced at least 1 ACE. This can lead to:

- · difficulties in school
- poor health outcomes
- · economic instability



have been linked to risky health behaviors, chronic health conditions, low life potential, and even early death.

HOUSEHOLD

- Bullvina
- Physical and Emotional
- Illness

Alcoholism and

- Drug Abuse
- Maternal Depression
- Emotional and Sexual Abuse

COMMUNITY

- Genocide
- Mass Poor Water Incarceration
- Slavery
 - Under-Resourced• Schools
 - Systemic Racism
- and Air Quality Poverty Poor Housing

Community

Violence

Ouality and Affordability

quardian with substance abuse.

parent serve jail time in

housing that is more

Source: Georgia Essentials for Childhood

3 Realms of ACEs

According to the CDC, ACEs

"Our ACE number does not define us. It is simply an entry point to our own

personal story"

Divorce

- Incarcerated
- Family Member Homelessness • Domestic Violence
- Neglect Parental Mental

ENVIRONMENT

CLIMATE CRISIS

- Record Heat & Droughts
- Wildfires & Smoke
- Record Storms, Flooding & Mudslides
 - Sea Level Rise

NATURAL DISASTERS

- Tornadoes &
- Earthquakes

- Hurricanes
 - Volcano Eruptions & Tsunamis

Resources

- CDC: Adverse Childhood Experiences (ACEs)
- CDC ACEs Prevention Strategy
- Georgia Essentials for Childhood: ACEs One-Pager

Take Action

- · Visit ResilientGeorgia.org and view our Training Roadmap.
- Become ACEs aware by taking a **Connections Matter Georgia** Training.

Learn More

Scan with your camera to learn more.



Why It Matters

well-being.



ACEs are common & interrelated.

ACEs negatively affect health and



Childhood experiences can take 20 years off life expectancy.



Toxic stress from ACEs impacts brain development and affect how the body responds to stress.

Source: https://numberstory.org/

