

# 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.

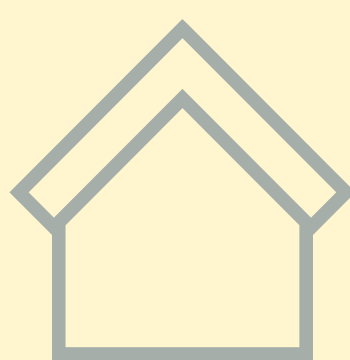
3 out of 5 Georgians have experienced at least 1 ACE. This can lead to:

- difficulties in school
- poor health outcomes
- economic instability

## Examples of ACEs include:

### HOUSEHOLD

- Divorce
- Incarcerated Family Member
- Homelessness
- Physical and Emotional Neglect
- Parental Mental Illness
- Alcoholism and Drug Abuse
- Bullying
- Domestic Violence
- Maternal Depression
- Emotional and Sexual Abuse



### COMMUNITY

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



### ENVIRONMENT

#### CLIMATE CRISIS

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

#### NATURAL DISASTERS

- Tornadoes & Hurricanes
- Volcano Eruptions & Tsunamis
- Earthquakes



## 3 Realms of ACEs

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

**9.5%**

of GA children had a guardian with substance abuse.

**10%**

of GA children had a parent serve jail time in 2017-18.

**30%**

of GA kids live in housing that is more than 30% the household income.

**21%**

of GA children live in poverty.

Source: Georgia Essentials for Childhood

## Why it Matters

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

Source: <https://numberstory.org/>



ACEs are common & interrelated.



ACEs negatively affect health and well-being.



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



Childhood experiences can take 20 years off life expectancy.

## Take Action

- Visit [ResilientGeorgia.org](https://ResilientGeorgia.org) and view our [Training Roadmap](#).
- Become ACEs aware by taking a [Connections Matter Georgia Training](#).

## Resources

- [CDC: Adverse Childhood Experiences \(ACEs\)](#)
- [CDC ACEs Prevention Strategy](#)
- [Georgia Essentials for Childhood: ACEs One-Page](#)

## Learn More



Scan with your camera to learn more.