

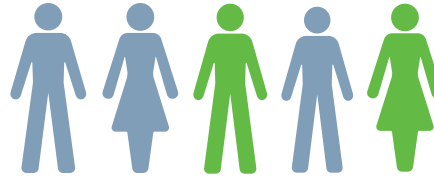
Adverse Childhood Experiences (ACEs): What Parents Need to Know

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



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.



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

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

Why It Matters



ACEs are common & interrelated.



ACEs negatively affect health and well-being.



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/>

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.



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](https://GeorgiaEssentialsforChildhood.org)