

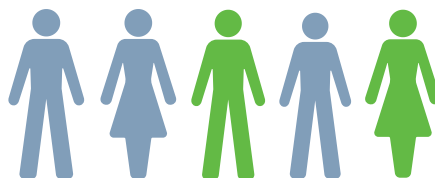
Adverse Childhood Experiences (ACEs): What Parents Need to Know

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.

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

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

ENVIRONMENT

CLIMATE CRISIS

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

NATURAL DISASTERS

- Tornadoes & Hurricanes
- Volcano Eruptions & Tsunamis
- Earthquakes



"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)