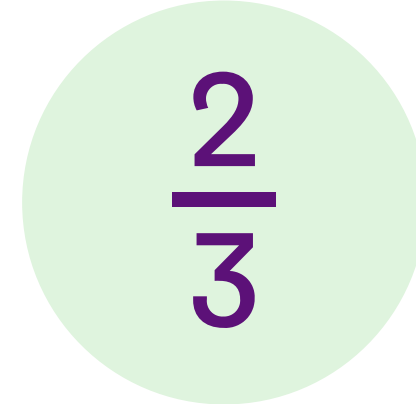


# Adverse Childhood Experiences (ACEs)

**ACEs** are stressful or traumatic events which may occur between **birth and 17 years of age**.



2 out of 3 people have experienced **at least 1 ACE**.



Both the **prevalence and risk** of chronic health conditions **increase** as the number of ACEs **increase**.



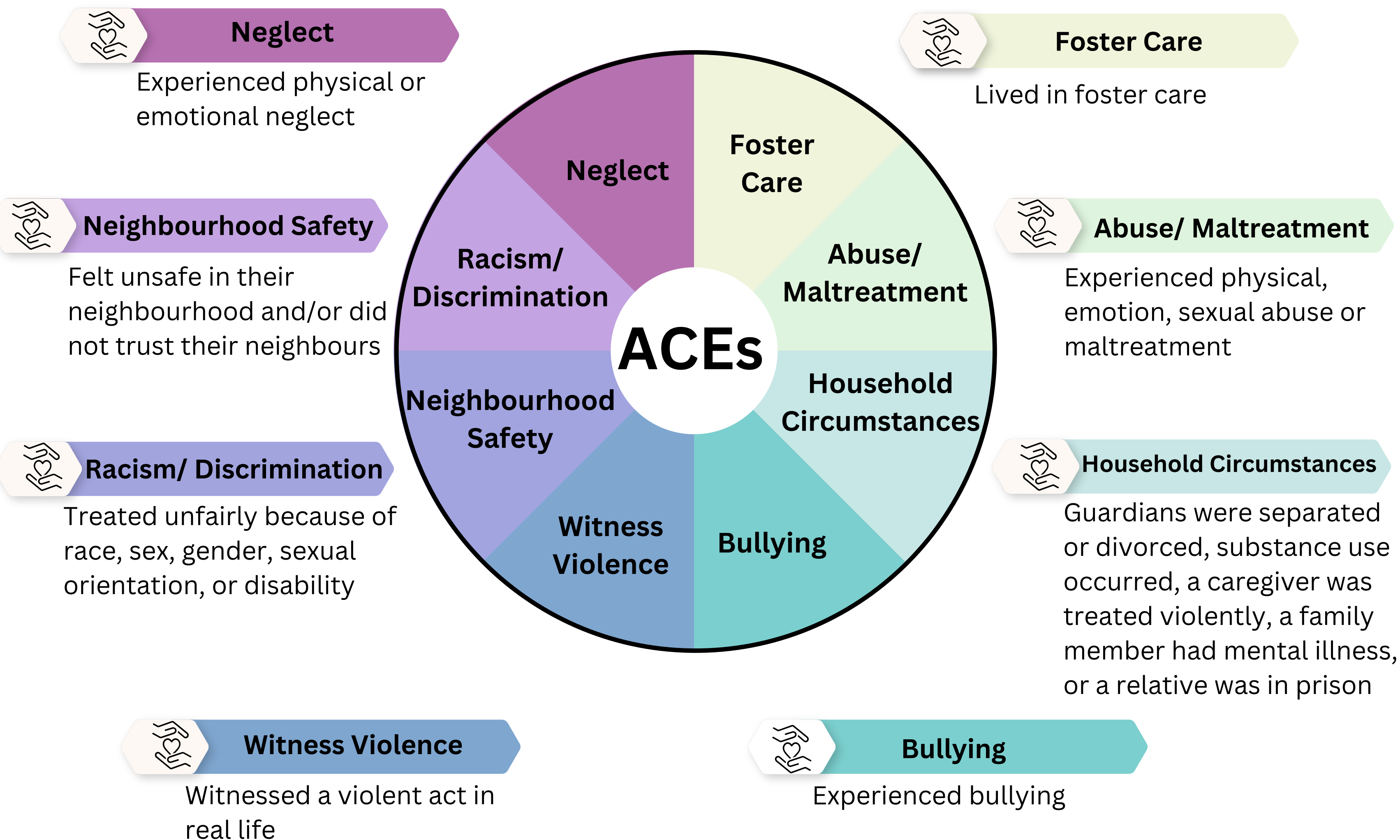
## Did you know?

Children who experienced at least 1 ACE are:

**3x** more likely to have difficulty finding work

**2x** more likely to develop an alcohol use disorder

**2x** more likely to try drugs before the age of 14



Remember, traumatic experiences are **individual**. We should not judge what we think is traumatic to the child.

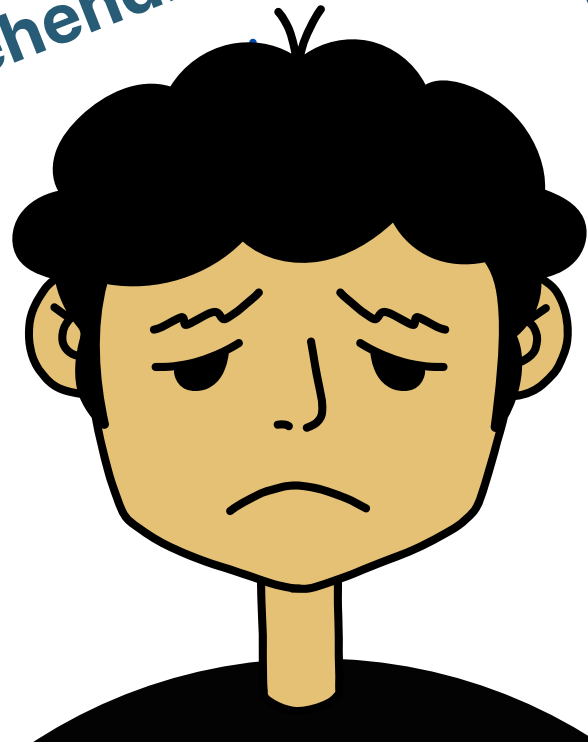
Many youth with ACEs have challenges learning about substance use

You can minimize the effect ACEs have on a child's learning

Unreliability of content  
Difficulty trusting adults  
Insensitive topics

Difficulty comprehending

Stigmatizing language



**To support youth with ACEs, you can...**

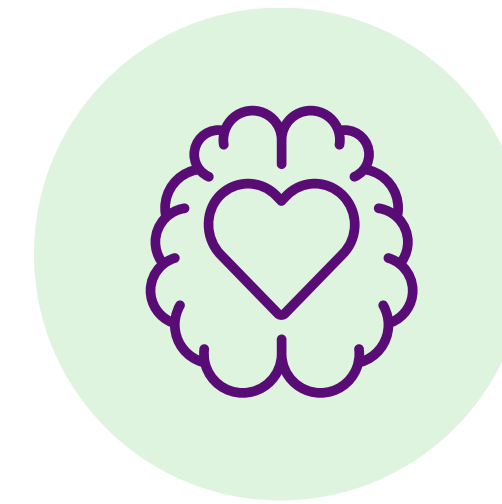
**1 Foster positive relationships**



Be an adult that youth can **trust**

**2 Incorporate social and emotional learning in conversation**

Decision-making  
Coping skills  
Assertiveness



Communication  
Refusal skills  
Problem-solving

**3 Create an inclusive and safe environment**

Restorative practices



Consistent expectations and rules

Positive language

Differentiated learning

**4 Promote physical and mental wellness**

Accessible and inclusive extracurriculars



Integrating school counsellors

Breakfast and healthy eating programs

Peer-to-peer mentoring

**Duty to Report**

Every person has a legal responsibility to report suspected abuse and neglect for children and youth. Abuse and neglect can take many forms, including physical abuse, emotional abuse, sexual abuse, and neglect. This helps ensure the safety and well-being of our children. To report a concern of suspected child abuse and/or neglect in NL, call toll-free 1-833-552-2368.

For more information visit us at:  
[www.decyde.ca](http://www.decyde.ca)



References

- Centers for Disease Control and Prevention. (2021, April 6). About the CDC-Kaiser Ace Study. Centers for Disease Control and Prevention. <https://www.cdc.gov/violenceprevention/aces/about.html>
- Substance Use and Mental Health Services Administration. (2018, June). The Role of Adverse Childhood Experiences in Substance Misuse and Related Behavioural Health Problems. SAMHSA'S Center For The Application Of Prevention Technologies. <https://mnprc.org/wp-content/uploads/2019/01/aces-behavioral-health-problems.pdf>
- Public Health Management Corporation. (2013, September 18) Findings from the Philadelphia Health Urban ACE Survey. Research and Evaluation Group. <https://www.rwjf.org/en/insights/our-research/2013/09/findings-from-the-philadelphia-urban-ace-survey.html>