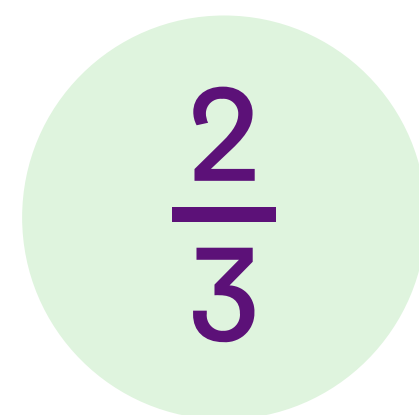


# Adverse Childhood Experiences (ACEs)

**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?

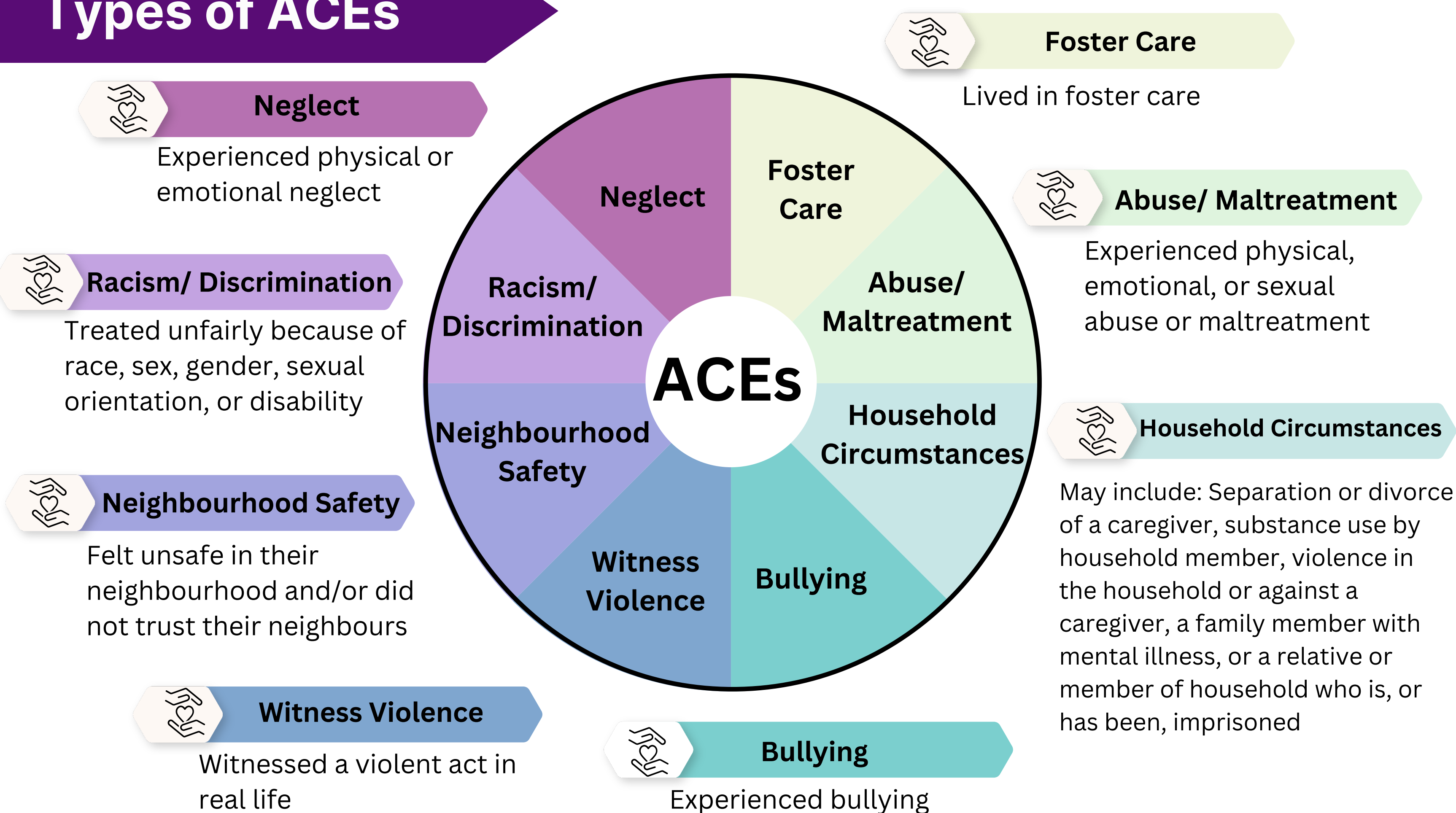
Children who have experienced at least 1 ACE are:

**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.

## Types of ACEs



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

Using trauma-informed practices can help create a learning environment where every student feels safe.

For more information on Trauma-Informed Practices (TIPs), visit [www.decyde.ca](http://www.decyde.ca).

Many youth with ACEs experience challenges learning about substance use.

Adults can minimize the effect ACEs may have on a child's learning.

Content is not relatable

Insensitive topics

Difficulty trusting adults

Difficulty comprehending

Stigmatizing language



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

**1 Foster positive relationships**



Be an adult who youth can **trust**.

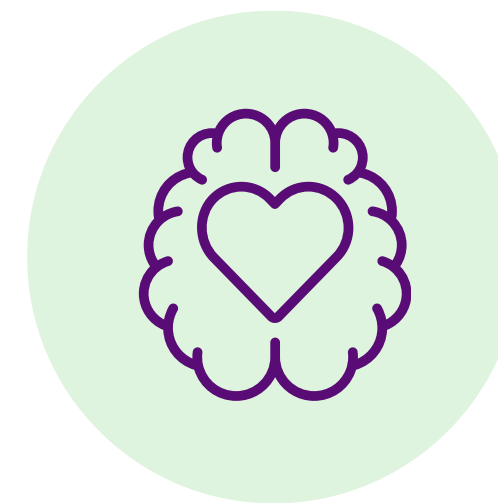
**2 Incorporate social and emotional learning**

Relationship skills

Social awareness

Self-awareness

Self-management



Responsible decision-making

**3 Create an inclusive and safe learning environment**

Integrate restorative practices

Encourage student input and choice

Use positive affective language



Foster positive self-concept

Incorporate structure, including clear, consistent expectations

Integrate differentiated learning strategies

**4 Promote physical and mental wellness**

Accessible and inclusive extracurriculars

Breakfast and healthy eating programs



Responsible use of social media

Inclusion of mental health supports

Encourage positive self-concept

**Duty to Report**

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

For more information visit us at:

**[www.decyde.ca](http://www.decyde.ca)**



References

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