

ACE's

Adverse Childhood Experiences (ACE's) are traumatic events that affect children while growing up, such as suffering child maltreatment or living in a household affected by domestic violence, substance misuse or mental illness.

There are 10 widely recognised ACE's:

Abuse



Physical



Sexual



Verbal

Neglect



Physical



Emotional

Household dysfunction



Divorce



Imprisoned relative



Mental illness



Domestic violence



Substance abuse

Possible risk outcomes:

Behaviour



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

Affects Physical & Mental Health



Severe Obesity



Diabetes



Depression



Suicide Attempts



STDs



Heart Disease



Cancer



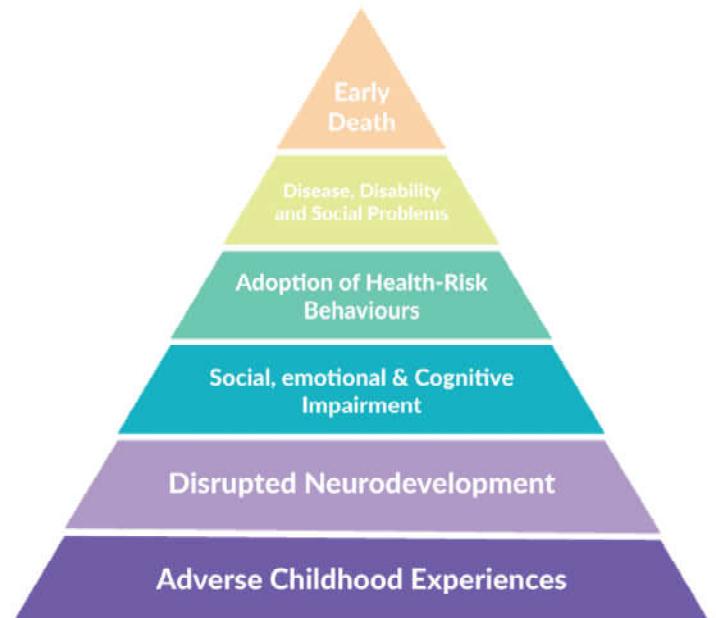
Stroke



COPD



Broken Bones



As the number of ACE's increases, as does the risk of negative outcome...