

# Adverse Childhood Experiences (ACEs)

One of the greatest, most under-recognized public health crises

Traumatic events that can cause ACEs include:

## ABUSE

Sexual  
Physical  
Emotional

## NEGLECT

Physical  
Emotional  
Unmet Needs

## HOME TROUBLES

Divorce  
Substance Abuse  
Domestic Violence  
Parental Mental Illness

These issues carry into adulthood and can last a lifetime



Obesity



Substance Abuse



Chronic Illness

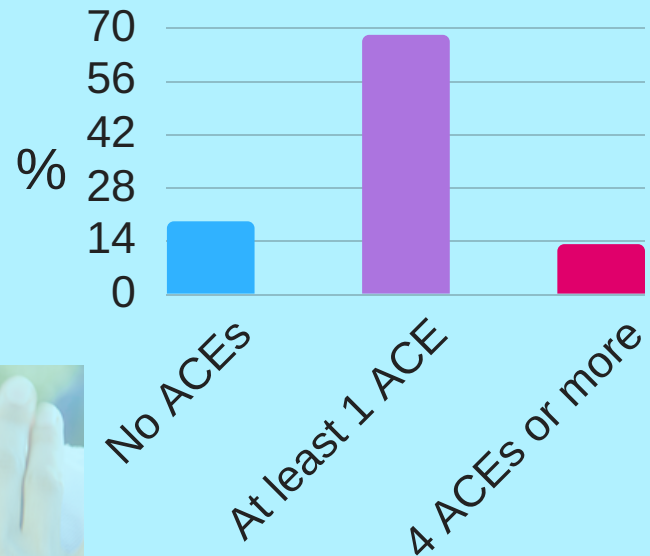


Depression



Incarceration

ACEs are so common **nearly every adult** has experienced at least **one** →



## Awareness to Action:

- Promote resiliency
- Identify kids & adults at risk
- Utilize our no-cost programs
- Develop community partnerships
- Find materials & resources to cope
- Strengthen skills through our classes
- Promote social & emotional development

(916) 774-6802 [kidsfirst@kidsfirstnow.org](mailto:kidsfirst@kidsfirstnow.org)

