

What are ACEs?

Adverse Childhood Experiences

The most widely recognised and researched ACEs relate to abuse, neglect and household adversities, and include:

- ▶ childhood physical, sexual and emotional abuse
- ▶ physical neglect and emotional neglect
- ▶ exposure to family violence
- ▶ parental substance use
- ▶ parental mental illness
- ▶ parental separation or divorce
- ▶ parental incarceration.



Additional ACEs can also have a significant impact on children and families. They include:

- ▶ loss of a parent or caregiver due to death, or separation due to deportation or immigration
- ▶ living in out-of-home-care, such as foster care or kinship care
- ▶ experiencing harassment, bullying, racism, prejudice or other forms of discrimination
- ▶ having a serious medical procedure or life threatening illness
- ▶ community violence.



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