

Sources of Adverse Childhood Experiences

Adverse Childhood Experiences, or ACEs, are traumatic events from birth to age 17 that disrupt a child's safety, stability, and development. These may include:

Direct Traumatic Events

- Abuse or neglect
- Violence at home or in the community
- Natural disasters
- Serious accidents
- Life-threatening illness
- Death of a loved one
- Parental separation, divorce, or deployment
- Suicide attempt or death of a family member

Environment Risk Factors

- Caregiver substance use
- Caregiver mental health concerns
- Household incarceration
- Chronic family instability

Social and Environmental Factors

- Housing instability
- Food insecurity
- Financial hardship
- Discrimination
- Unsafe communities
- Limited healthcare access
- Limited quality education



Why does this matter?

- ACEs include single traumatic events and ongoing stressors
- These experiences affect emotional, physical, and social development
- ACEs can influence behavior, regulation, and learning in the classroom