

Adverse Childhood Experiences

10 ACEs

Parental Divorce or Separation
Caregiver in Jail or Prison
Caregiver Depression, Mental Illness or Suicide Attempt
Domestic Violence or Threats
Emotional Abuse or Neglect
Sexual Abuse or Exposure
Food, Clothing or Housing Insecurity
Physical Abuse, Hitting or Slapping
Caregiver Problem with Drugs or Alcohol
Felt Unsupported, Unloved and Unwanted

ACEs Being Studied

Placement in Foster Care
Bullying or Harassment at School
Parent or Guardian Died
Separated from Caregiver through Deportation or Immigration
Medical Procedure(s) or Life Threatening Illness
Frequent School or Neighborhood Violence
Treated Badly Because of Race, Sexual Orientation, Place of Birth, Disability or Religion

Intergenerational Transmission

Source: Center for Youth Wellness, ACE Questionnaire

Adverse Community Environments

Poor Housing Quality and Affordability
Discrimination
Deterioration of Physical Environment
Lack of Access to Educational Opportunities
Low Sense of Collective Political and Social Efficacy

Intergenerational Poverty
Lack of Opportunity and Economic Mobility
Poor Transportation Services or System
Community Disruption
Damaged Social Networks and Trust
Unhealthy Products
Long-Term Unemployment

Social-Cultural Environment

Physical Environment

Economic Environment

Resiliency Building Experiences

Buffering Relationships

Feels Loved by Parent(s) or Primary Caregiver
Supportive Family Relationships
Supportive Community Relationships
Parent(s) or Primary Caregiver Enjoy Playing with Child
Relatives Provide Support When Sad or Worried
Caring Neighbors or Family Friends
Support from Teacher, Coach, Youth Leader, or Minister



Hope and Resilience

Family Cares about Child's School Work and Performance
Family, Neighbors, and Friends Talk About Making Lives Better
Rules, Structure, and Expectations in Household
Someone Trusted to Talk to When Feeling Bad
Adults Who Notice Child's Strengths and Accomplishments
Sense of Independence
Positive Outlook on Life

Positive Community Environments

Available, Affordable Quality Housing
Lack of Discrimination
Clean and Safe Physical Environment
Access to Educational Opportunities
High Sense of Collective Political and Social Efficacy



Lots of Opportunity and Economic Mobility
Quality Transportation Services or System
Cohesive Social Networks and Trust
Access to Healthy Products and Foods
Employment Opportunities

Physical Environment

Economic Environment

Social-Cultural Environment