### 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,

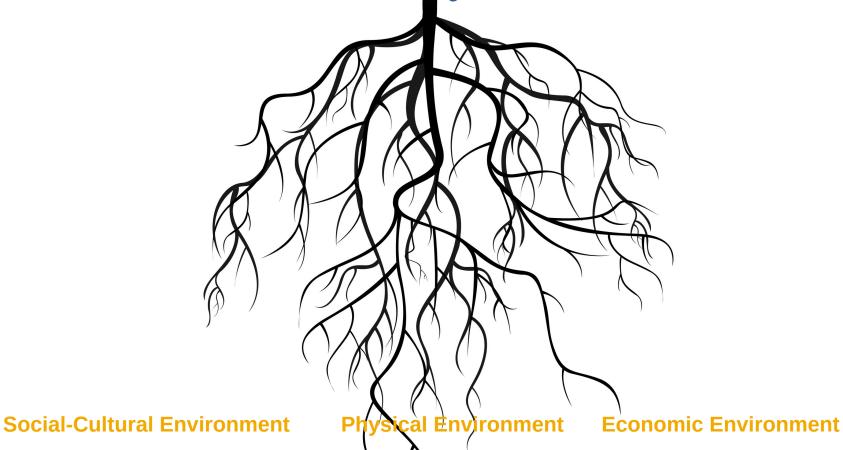
Sexual Orientation, Place of Birth,

Disability or Religion

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

## Resiliency Building Experiences

#### **Buffering Relationships**

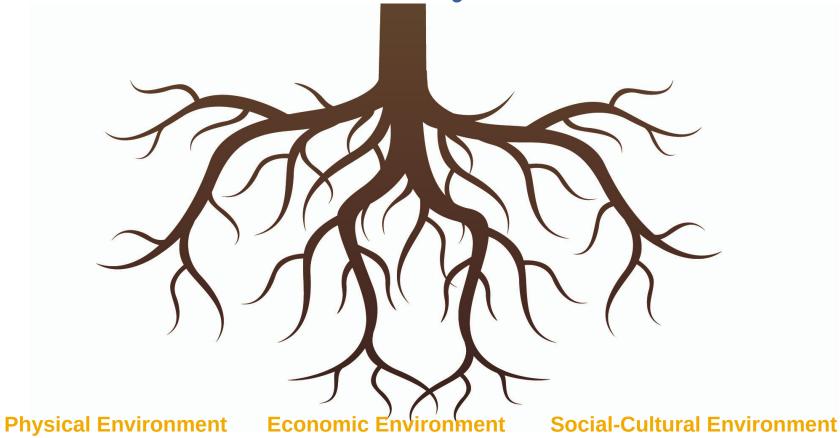
Feels Loved by Parent(s) or Primary
Caregiver
Supportive Family Relationships
Supportive Community
Relationships
Parent(s) or Primary Caregiver Enjoy
Playing with Child
Relatives Provide Support When
Sad or Worried
Caring Neighbors or Family
Friends
Support from Teacher, Coach, Youth
Leader, or Minister



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**