

# Adverse Childhood Experiences (ACES)

## Links with Adverse Childhood Experiences (ACES)

The Centres for Disease Control and Prevention within the U.S. Department of Health & Human Services has studied the impact of traumatic childhood experiences on a child's mental health and future prospects.

The more dysfunctional the child's household environment is, the greater the number of ACES and the poorer their prospects are.

Children who are manipulated to emotionally cutoff from a normal-range parent may experience at least three ACES:

- A biological parent was lost to them through divorce or separation
- They may live with someone who is depressed, mentally ill, or suicidal and
- Emotional abuse

The more ACES experienced as a child, the increased likelihood of developing damaging behaviours in adulthood such as drug addiction, teen pregnancy, contracting a sexually transmitted disease, being obese, alcohol dependency, smoking and perpetrating violent behaviour.

