

# ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs can be a single event or a prolonged series of events. If a child experiences 4 or more ACEs, the impact and effects significantly increase.

## Further information – video links

Repair of early trauma

[The Repair of Early Trauma: A Bottom Up Approach - YouTube](#)

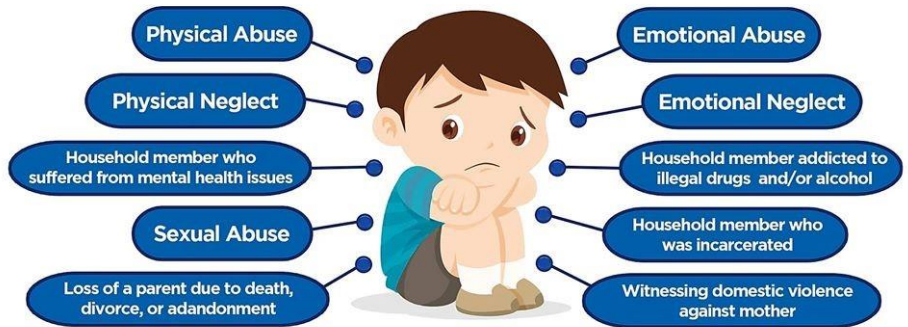
Childhood trauma and the brain

[UK Trauma Council \(UKTC\) | Anna Freud Centre](#)

Adverse Childhood Experiences – NHS Scotland

[Adverse Childhood Experiences - NHS Health Scotland - YouTube](#)

## ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



## ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:



## HOW DOES IT IMPACT THE LIVES OF YOUNG PEOPLE?

ACEs impact a child's development, their relationships with others, and increase the risk of engaging in health-harming behaviours, and experiencing poorer mental and physical health outcomes in adulthood. Compared with people with no ACEs, those with 4+ ACEs are:



## HOW COMMON ARE ACEs?

### Around half of all adults

living in England have experienced at least one form of adversity in their childhood or adolescence

Of all children and young people:

**52%** experienced 0 ACEs

**23%** experienced 1 ACE

**16%** experienced 2-3 ACEs

**9%** experienced 4+ ACEs



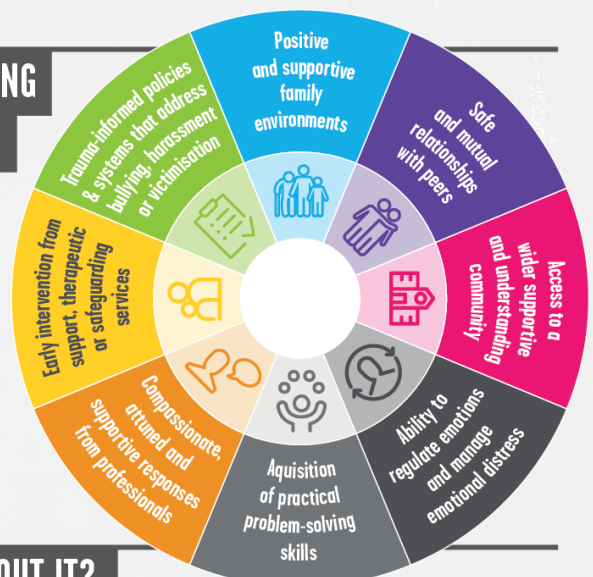
A trauma-informed school is one that is able to support children who suffer with trauma or mental health problems and whose troubled behaviour acts as a barrier to learning.

Young people who show distressed behaviour are also at the highest risk of being subject to a restrictive intervention: exclusion, isolation, restraint. However, these restrictive interventions could cause further psychological harm.

## WHAT PROTECTS YOUNG PEOPLE FROM ACEs?

Not all young people who face childhood adversity or trauma go on to develop a mental health problem.

There are personal, structural and environmental factors that can protect against adverse outcomes, as shown in the protection wheel opposite.



## WHAT CAN WE DO ABOUT IT?