

# ADVERSE CHILDHOOD EXPERIENCES

WHAT'S THE FUSS ABOUT?

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# IDENTIFIED INFLUENCES ON HEALTH & WELLBEING OF CHILDREN

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graph TD; A[FAMILY ECONOMICS & WORKLESSNESS] --> C(( )); B[FAMILY RELATIONSHIPS ADULTS BEHAVIOURS & HEALTH] --> C; C1[C&YP SPEECH & LANGUAGE DEVELOPMENT PERSONAL RESILIENCE & ESTEEM] --> C; C2[C&YP PHSE TO LEARN & SAFE SOCIAL SPACE TO PRACTICE SOCIAL SKILLS] --> C; C3[PRECONCEPTION & ANTENTATAL HEALTH] --> C; C4[C&YP NEURODEVELOPMENTAL DISORDERS] --> C; C5[FORMAL EDUCATION] --> C; C6[C&YP LIFE THREATENING DISEASE] --> C; C7[C&YP EXPLORATORY BEHAVIOURS] --> C;
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**FAMILY  
ECONOMICS &  
WORKLESSNESS**

**FAMILY  
RELATIONSHIPS  
ADULTS BEHAVIOURS  
& HEALTH**

**C&YP  
SPEECH & LANGUAGE DEVELOPMENT  
PERSONAL RESILIENCE & ESTEEM**

**C&YP  
EXPLORATORY  
BEHAVIOURS**

**C&YP  
PHSE TO LEARN & SAFE SOCIAL SPACE TO  
PRACTICE SOCIAL SKILLS**

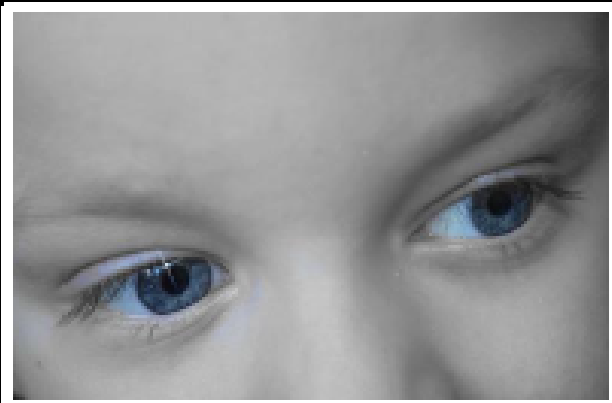
**FORMAL  
EDUCATION**

**PRECONCEPTION &  
ANTENTATAL HEALTH**

**C&YP  
NEURODEVELOPMENTAL  
DISORDERS**

**C&YP  
LIFE THREATENING DISEASE**

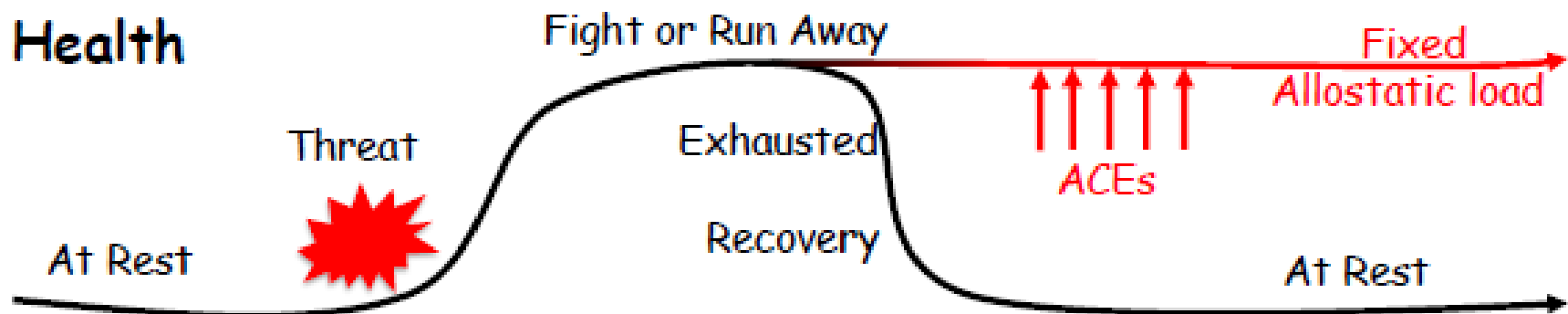
# Early Life Experience and The Brain



## Critical Years

- First 2 years - baby's brain grows from 25% to 80% of adult size
- Development continues in childhood learning *empathy, trust, community*

## Health



## Chronic Stress from ACEs

- Violence - over-develop 'life-preserving' brain

***NEUTRAL CUES LOOK THREATENING***

- School – anxious, disengaged, poor learner

# ADVERSE CHILDHOOD EXPERIENCES

PHYSICAL ABUSE

SEXUAL ABUSE

VERBAL ABUSE

PARENTAL  
SEPERATION

DOMESTIC  
VIOLENCE

MENTAL ILLNESS

ALCOHOL ABUSE

DRUG ABUSE

INCARCERATION



## Compared with no ACEs, those with 4+ ACEs were:

3x more likely to be a current smoker  
3x more likely to have had sex under 16 years  
6x more likely to have used drugs  
10x more likely to be problem drinkers  
49x more likely to have ever attempted suicide

*INDEPENDENT OF POVERTY*



## If they had no ACEs problems could be reduced by:



Smoking  
**22%**



Early Sex  
**21%**



Drug Use  
**36%**



Problem Drinking  
**51%**



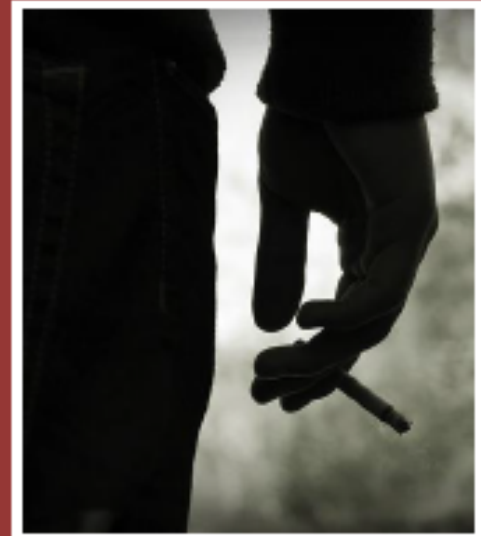
Suicide  
**83%**

Aged 18-25 years

## UK: Compared with no ACEs, those with 4+ ACEs were:

- 2x more likely to **binge drink**
- 3x more likely to be **current smoker**
- 5x more likely to have had **sex under 16 years**
- 7x more likely to be involved in **recent violence**
- 11x more likely to have **used heroin or crack**
- 11x more likely to have been **incarcerated**

INDEPENDENT OF POVERTY



## If they had no ACEs problems could be reduced by:



Smoking  
**16%**



Early Sex  
**33%**



Heroin/Crack  
**59%**



Binge Drinking  
**15%**

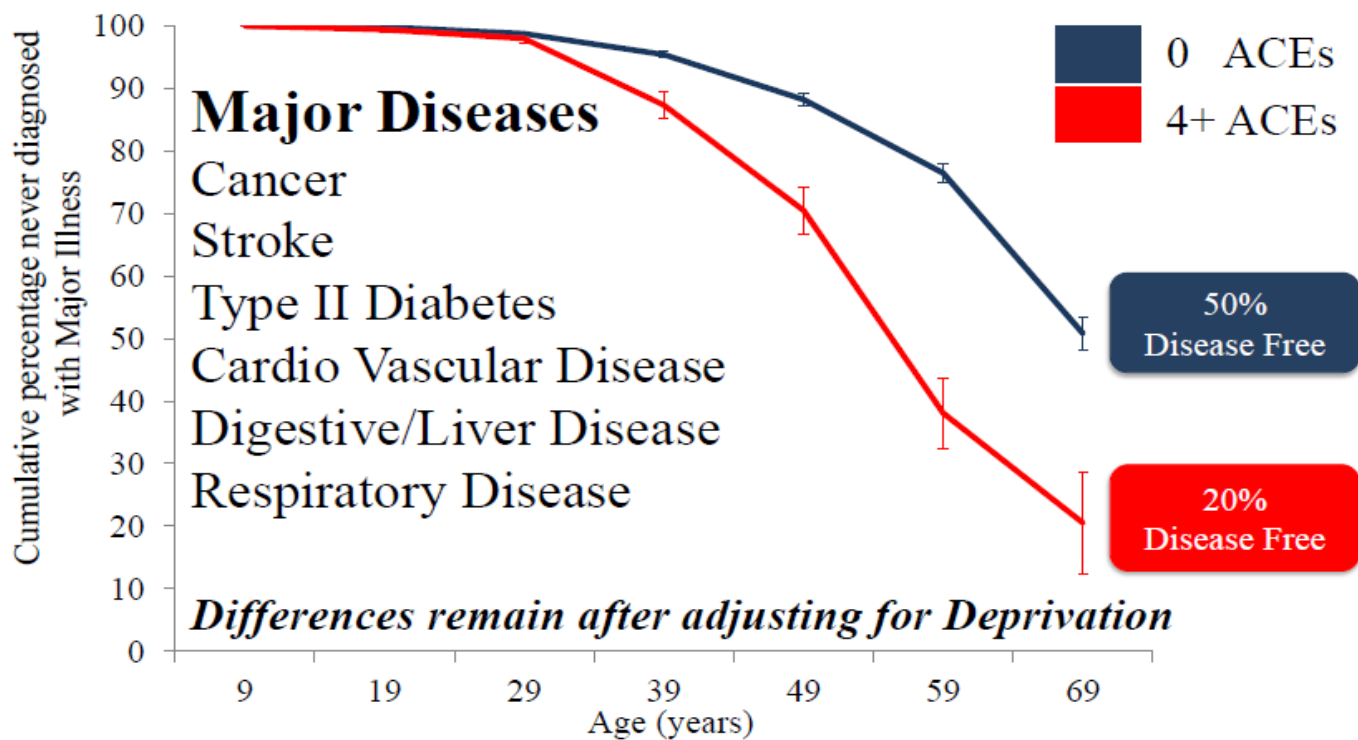


Violence  
**60%**

**Aged 18-70 years**

# The Impact of Adverse Childhood Experiences on ADULT DISEASE

## Individuals **Never Diagnosed** with a Major Disease by Age (%)





# INTERGENERATIONAL CYCLES





The background is a solid green color. At the top, there are several wavy, horizontal lines in shades of teal and light green, creating a layered, landscape-like effect.

WHAT SHOULD  
WE DO?

# WHAT SHOULD WE DO?



# WHAT SHOULD WE DO?



# ATTACHMENT



# WHY SHOULD WE DO THIS?

