

ACE Study

(ADVERSE CHILDHOOD EXPERIENCES)

Adverse Childhood Experiences is the term given to describe all types of abuse, neglect and other traumatic experiences that occur to individuals under the age of 18. The landmark Keyser study examined the relationship between these experiences during childhood and reduced health and well-being later in life.

Why do ACEs matter?

The short and long term consequences of ACEs should not be ignored. They can lead to a long list of behavioral and physical health issues including heart disease, diabetes, addiction, mental health issues, lower satisfaction and performance at work and even early death.

ACES IN THE NEWS:

OPRAH LEARNS ABOUT
ACES

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DR NADINE BURKE HARRIS
TED TALK

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FOR MORE INFORMATION VISIT:

[HTTPS://ACESTOOHIGH.COM/](https://acestoohigh.com/)

[HTTPS://WWW.CDC.GOV/VIOLENCEPREVENTION/ACESTUDY/INDEX.HTML](https://www.cdc.gov/violenceprevention/cestudy/index.html)

ACEs help take the blame and shame away from the behaviors we might see in ourselves and in others. We can understand that trauma and chronic stress are the root of the challenging behaviors we might see or experience in ourselves and others. And we can respond to and have empathy with people rather than react to what we see and judge others negatively. We can remember that
“Everyone has a story.”