

# ACEs TRAUMA & RESILIENCE

In Virginia 19% of children have experienced two or more ACEs. ACEs have a negative impact on a child's health and well-being later in life.



## » Trauma

Trauma is an event, series or events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

## » What are ACEs

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:

- experiencing violence, abuse, or neglect
- witnessing violence in the home or community
- having a family member attempt or die by suicide

## ACEs Include:

Emotional abuse

Physical neglect

Emotional neglect

Household mental illness

Parental separation or divorce

Physical abuse

Sexual abuse

Household substance abuse

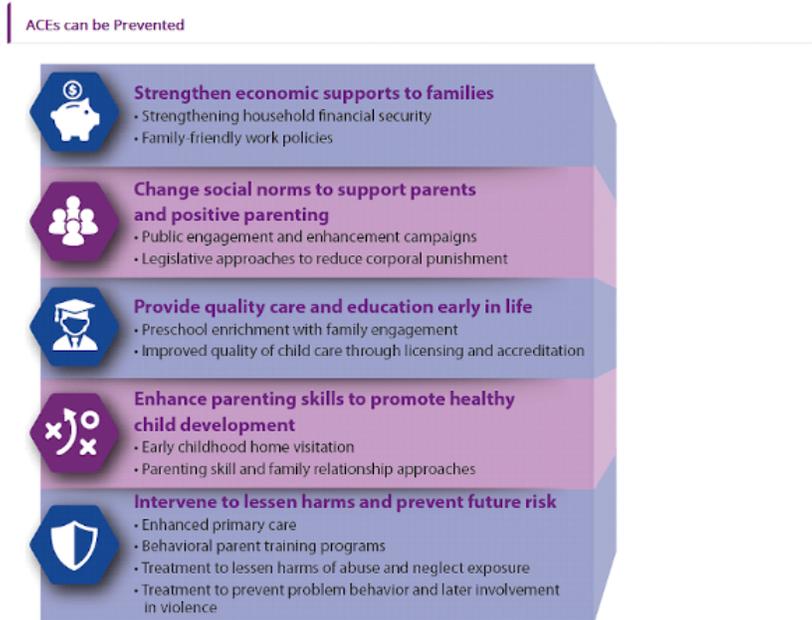
Mother treated violently

Incarcerated household member

41% of children in Virginia have at least one ACE, 19% have experienced 2 or more, and 11% have experienced 3 or more

# ACEs Are Preventable

» ACEs and their associated harms are preventable. Creating and sustaining safe, stable, nurturing relationships and environments for all children and families can prevent ACEs and help all children reach their full health and life potential. Preventing ACEs requires addressing factors at all levels of the social ecology—the individual, relational, community, and societal levels.



Source: Fortson, B. L., Klevens, J., Merrick, M. T., Gilbert, L. K., & Alexander, S. P. (2016). Preventing child abuse and neglect: A technical package for policy, norm, and programmatic activities. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention

# How To Help Our Youth Become Resilient

» Resilience is a learned skill. Resilience refers to how well you can deal with and bounce back from the difficulties of life. It can mean the difference between handling pressure and losing your cool. Resilient people tend to maintain a more positive outlook and cope with stress more effectively. Resilient children are able to cope with stress, particularly after a traumatic life event. More ways to promote resilience in children:

- Build Empathy
- Accept Children for Who They Are
- Develop Responsibility
- Identify a Go-To Person
- Identify Strengths
- Offer Meaningful Participation
- Listen
- Do-Overs-Mistakes are Okay
- Teach Problem-Solving

