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# What are Adverse Childhood Experiences or ACEs?

ACEs = Traumatic life experiences/circumstances, before 18 years old.  
Can affect their future opportunities/health.

## Examples

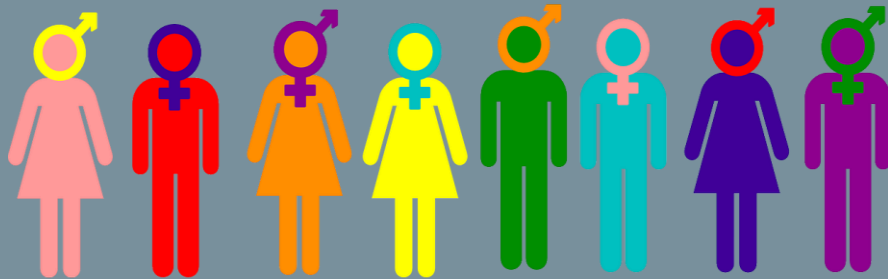
- Neglect
- Witnessing violence and/or abuse in the home
- Substance abuse
- Death of a family member or friend



# Marginalized youth

Marginalized youth/children treated as if they are not important. Examples of marginalized populations: immigrant youth, LGBTQIA+, ethnic or racial minorities, people with disabilities

LGBTQIA+ youth can face adversities because of how others discriminate against them or if their family/friends reject them. The discrimination they face can put them at a higher risk for mental ill health



# Risk and Protective Factors (reduce chances of experiencing ACEs)

Risk factors are experiences a child might be subject to that can increase the likelihood of ACEs. Examples: Low income, chronic illness, isolation, rejection

Protective factors are experiences that decrease the likelihood of ACEs. Examples: Academic engagement and success, community involvement, a stable household, financial aid

There are individual, family, community, and societal factors that influence a child's exposure to ACEs.



See reference list (end of this presentation) for factual sources for this slide

# How can we reduce the probability of experiencing ACEs and/or block negative effects of ACEs?

Reduce exposure to risk factors

Increase exposure to protective factors

- Promote stable and healthy relationships
- Teaching skills such as emotion regulation or parenting skills
- Connect youth to their community through mentoring and after-school programs
- Strengthen a family's economic support
- Providing resources for first-generation (university) students

See reference list (end of this presentation) for factual sources for this slide

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# CREDITS

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# Reference List & More Information at Websites Below

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