

21
DAY



DAY 13: ADVERSE CHILDHOOD EXPERIENCES

Today we are continuing our focus on children by exploring adverse childhood experiences, or ACEs. ACEs are traumatic events that occur in childhood (ages 0-17) that impact a person's brain development and can have a lasting effect on their mental, physical, and emotional wellbeing into adulthood.

ACEs may include abuse, neglect, or being in a household with challenges related to poverty, mental illness, violence, and incarceration. According to the [CDC](#), about 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs. Take the quiz in Option 2 below to find your own ACE score.

While all children experience ACEs, for communities of color ACE exposure is disproportionately high. [An analysis by The Child & Adolescent Health Initiative](#) shows that 6 in 10 Black children have ACEs, representing 17.4% of all children in the US with ACEs. This information connects to the Racial Equity Challenge Day 7 and 9 readings relating to health outcomes, and how Black and Latino people are more likely to experience the negative health effects brought upon by trauma, racism, and inequity.

The good news...ACEs do not define who you are. A deeper understanding of how ACEs impact young people, and the support of caring adults in their lives, can help them find strength and resiliency.

DID YOU KNOW...

In Monroe County, 64% of children have experienced 1 or more ACEs. 23% are carrying 3 or more ACEs, causing a higher risk for poor mental, physical, and emotional health outcomes.

[-CCSI](#)

LEARN

Option 1: Read about the statistics behind [Adverse Childhood Experiences](#)

Option 2: Read and participate in [Take the ACE Quiz – And Learn What It Does and Doesn't Mean](#)

Option 3: Watch [How Childhood Trauma Affects Health Across a Lifetime](#)

The 21-Day Racial Equity Challenge does not support nor endorse any advertisements associated with the above content.

REFLECT AND TAKE ACTION

Questions to Consider for Self-Reflection:

- What were some of your biggest challenges growing up? How did you overcome them?

Local Ways to Get Involved:

- [Your Everyday Gestures Can Help A Child Heal](#)
- Review local [CCSI Graphics on ACES](#)

Share What You Learned:

Use the images below to share what you learned about race and equity today, and be sure to include #ROCequity.

