



# FACT BRIEFING

## ADVERSE CHILDHOOD EXPERIENCES AND OUR COMMUNITY

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood (0-17 years).

- Substance use in the home
- Unstable home environment
- Witnessing or experiencing violence

*Center for Disease Control, 2022*



## PROTECTIVE FACTORS

These are the experiences or people that can help reduce the possibility of someone experiencing an ACE. Because of the varying causes of ACEs, there are also many types of protective factors at individual, family, and community levels.

*Center for Disease Control, 2022*

## Community matters.

When a child or family is surrounded by a strong, healthy, supportive community, the risk of experiencing an ACE or the negative impacts of experiencing one is reduced greatly. Below are four community-level protective factors and how you can support them.

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## ACTION STRATEGIES

### Strong community-family partnerships

- Build a group to engage other parents and caregivers in planning youth-centered activities.
- Provide transportation to community events.

### Stable, caring adult mentors for children

- Volunteer as a youth sports coach.
- Co-lead a school organization.

### Family-friendly community policies

- Talk with local businesses about establishing family-friendly policies for staff (e.g., flexible hours).
- Advocate for accessible parks and community spaces.

### Access to high-quality services

- Establish a childcare center with flexible hours.
- Provide transportation to community events.

