

Using ACE Screen to Identify Childhood



A tough childhood can hurt for many years.

Effects of Early Toxic Stress

Childhood abuse and neglect increases the chance of illness, substance abuse and early death in adults. **The Adverse Childhood Experiences (ACE) Study** confirmed this connection. Childhood trauma contributes to physical and mental health issues including heart disease, lung cancer, diabetes, depression, violence, being a victim of violence, and suicide.

Screening Matters

You can learn how much your child is at risk of developing a chronic disease or social and emotional problems later in life with the ACE screening, which includes 10 questions identifying the most common childhood traumas.

Understanding The Score

The ACE score explains a person's risk for chronic disease. Each type of trauma counts as one point. A score of 4 or higher greatly increases the risk of developing social, emotional and medical problems as an adult

As a parent or guardian, you can also answer the screening questions. Find the screening at <http://www.cestudy.org/the-ace-score.html>

Use Score as a Guideline

The screening does not take into account other major influences on health such as diet and genes, or other types of toxic stress such as homelessness. It also does not measure positive factors that can protect a child from trauma and lessen the long-term effects.

The ACE screening identifies trauma your child experienced and reinforces the need to seek treatment and family support to improve his or her long-term health outcomes.



A painful childhood shouldn't hurt for a lifetime. Use the ACE Screen as a guide to take early steps to improve your child's future health and wellbeing.