



Plymouth Local Offer

Appendix I

Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) are traumatic experiences that occur before the age of 18.

These experiences range from suffering verbal, mental, sexual and physical abuse, to being raised in a household where domestic violence, alcohol abuse, parental separation or drug abuse is present.

The original ACE study (Felitti et al, 1998) included the following:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Mother treated violently
- Household substance misuse
- Mental illness in the household
- Parental separation or divorce
- Criminal/Incarcerated household member
- Emotional neglect
- Physical neglect

* Please note that subsequent studies (Finkelhor et al, 2013) have highlighted the importance of including:

- Chronic economic hardship
- Social rejection/victimisation by peers
- Exposure to crime (property/community violence)
- Bereavement/loss of a parent/carer

Evidence shows children who experience stressful and poor-quality childhoods are more likely to develop health-harming and anti-social behaviours, more likely to perform poorly in school and more likely to be involved in crime.