

Childhood Trauma is too common.



Becoming trauma informed. Why childhood trauma matters.

Most of us believe that early experiences can determine who we become as adults. The Adverse Childhood Experience (ACE) Study confirms it. It's about more than the numbers. It's about how we can respond to prevent those traumas before they happen. And it's about how we respond and intervene when they do take place. **This isn't a lost cause – there is hope that we can end this destructive cycle and improve the lives of future generations.**

Childhood Abuse

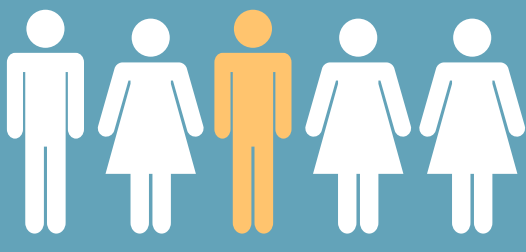
- physical abuse
- psychological abuse
- sexual abuse
- physical and emotional neglect



Household Dysfunction

- substance abuse
- family imprisonment
- mental illness
- domestic violence
- divorce

1 in 5 ADULTS
reported three or more childhood traumas



at least **ONE** adverse childhood experience



Trauma can actually change a child's brain.

Research shows that these traumas can actually change the way a child's brain develops, impacting the way a child is able to learn, play and grow.

Trauma in youth can lead to risky behaviors as an adult.

As the number of childhood traumas experienced increase, the incidence of risky behavior also rises – including behaviors like smoking, drug use, unprotected sex and STDs.



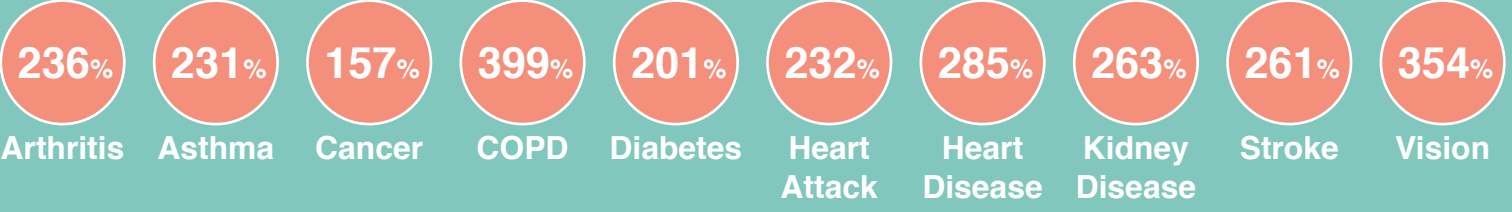
Childhood trauma is also related to disease, disability and social failures.

Those with more than four adverse childhood experiences have much greater odds of experiencing significant health issues in adulthood.

Trauma is even linked to premature death.

40%

of early deaths are estimated to be the result of behavioral or lifestyle patterns



But there is HOPE.

It is said that if the brain can hurt, the brain can heal. But it takes the community coming together to strengthen families.

The more we know about adverse childhood experiences and their impact on lives and the community, the more we can advocate for safe, stable home environments and loving relationships.



Prevention is key.

- Create communities where everyone can thrive.
- Build resiliency in families.
- Help people understand the impact of trauma and heal from their experiences.



“If we can predict it, we can prevent it,” Dr. Rob Anda

SOURCES: All stats are from Iowans Central Iowa ACEs Steering Committee. (2012.) Adverse childhood experiences in Iowa: A new way of understanding lifelong health. Retrieved from http://www.iowaaces360.org/uploads/1/0/9/2/10925571/iowa_aces_360_pdf_web_new.pdf

Felitti, V. J., & Anda, R. F. (1997.) The Adverse Childhood Experiences (ACE) Study. Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/ace/index.htm>

Help give every child the safe, healthy childhood they deserve. Find out more information at

www.foreverychild.org

