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
- emotional and physical neglect

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

1 in 5 ADULTS reported three or more childhood traumas

55% of at least ONE adverse childhood experience

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

As the number of childhood traumas experienced increase, the incidence of risky behaviors and rise – including behaviors like smoking, drug use, unprotected sex and STIs.

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

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 can actually change a child’s brain.

Childhood trauma is related to disease, disability and social failures. Those who have had adverse childhood experiences have much greater odds of experiencing significant health issues in adulthood.

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