

Categories of Adverse Childhood Experiences

1

Abuse	<ul style="list-style-type: none"> • Emotional abuse • Physical abuse • Sexual abuse
Neglect	<ul style="list-style-type: none"> • Emotional neglect • Physical neglect
Household Dysfunction	<ul style="list-style-type: none"> • Mother treated violently • Household substance abuse • Household mental illness • Parental separation or divorce • Incarcerated parent

Reference: Trauma Informed Oregon; Relationships between Childhood Trauma and Adult Health and Well-Being; <http://traumainformedoregon.org/resources/adverse-childhood-experiences-ace-study/>

Definitions of Categories (ACEs)

2

Emotional abuse	This includes a parent or caregiver swearing at the child, putting them down, insulting them, or making them feel like they may be physically harmed.
Physical abuse	This includes a parent or caregiver pushing, kicking, grabbing, hitting, or otherwise physically harming the child and leaving marks.
Sexual abuse	This includes an adult who was 5 years older than the child touching, fondling, or groping the child. This also includes an adult forcing the child to engage in sexual activities.

Reference: Centers for Disease Control (CDC) Information on ACEs study; Data and Statistics; <https://www.cdc.gov/violenceprevention/acestudy/about.html>

Definitions of Categories (ACEs)

3

Emotional neglect	Nobody in the child's family helped them feel important, valued, loved, or cared for. The family was not a source of support or strength.
Physical neglect	There was nobody to take care of the child, protect the child, or get medical treatment for them when needed. There was not enough food to eat, shelter to keep the child safe, no clean clothes, or parents were too high or drunk to take care of those needs.

Reference: Centers for Disease Control (CDC) Information on ACEs study; Data and Statistics;
<https://www.cdc.gov/violenceprevention/cestudy/about.html>

Definitions of Categories (ACEs)

4

Mother treated violently	The child's mother (or similar) was hit, punched, kicked, threatened, choked, slapped, or similar by father, boyfriend, or step father.
Household substance abuse	A parent or caregiver was abusing alcohol or drugs.
Mental illness	A parent suffered from mental illness, including depression and suicide attempts.

Reference: Centers for Disease Control (CDC) Information on ACEs study; Data and Statistics;
<https://www.cdc.gov/violenceprevention/cestudy/about.html>

Definitions of Categories (ACEs)

5

Parental separation	The child's parents separated, divorced, or were otherwise apart for a period of time.
Household incarceration	A parent or caregiver was in prison or jail for a criminal offense at some point.

Reference: Centers for Disease Control (CDC) Information on ACEs study; Data and Statistics;
<https://www.cdc.gov/violenceprevention/acestudy/about.html>