

Understand your ACES Score



We all have difficult experiences.

Experiences in childhood can change your brain structure and risk of disease.

Know your ACES Score

Prevent ACES for your child—Be the best parent you can be

Talk to your physician

Enroll in Catholic Charities SafeCare Parenting Program

(719) 586-8613

Adverse Childhood Experiences are 10 childhood experiences:

- 1. Emotional abuse**
- 2. Physical abuse**
- 3. Parent substance abuse**
- 4. Parent incarceration**
- 5. Sexual abuse**
- 6. Parent separation or divorce**
- 7. Mother treated violently**
- 8. Household mental illness**
- 9. Physical neglect**
- 10. Emotional neglect**