

# ACES SCIENCE

**1. Epidemiology:** Experiences in childhood of abuse, neglect, or trauma are common, up to 65% of KC residents. You weren't born bad, you weren't responsible for these things. To understand your life you have to know what affected it.

**2. Child development:** People with high trauma scores are more like to act out, run away, withdraw. Brains that are bathed in toxic stress have a hard time learning, trusting, and forming relationship.

**3. Toxic stress for adults:** Adults with high trauma scores have more mental and physical illness, more drug use, more gambling and other problem behaviors, and lower life expectancies.

**4. Historical trauma** means this kind of stuff can be passed from parents to kids (epigenetics) if there is no intervention.

**5. Resilience research** shows that you can help this with self soothing techniques, with trauma-informed schools, ERs, and communities, or with cognitive behavioral therapy. You can heal. The brain is plastic, it wants to get better.

**Share your story  
about trauma or  
resilience today.**

**ACES**

**Adverse Childhood  
Experiences Survey**

