

ACEs Caribbean Community

Who are We?

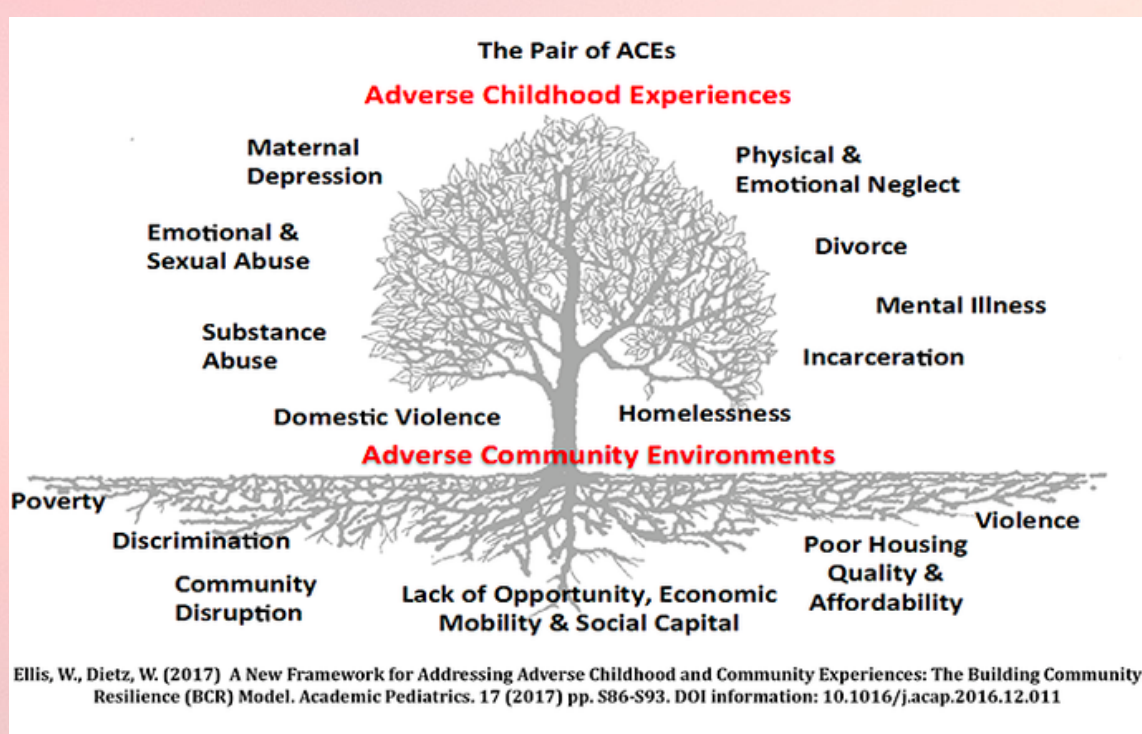


ACEs Caribbean is a Community of persons, agencies and institutions raising awareness in the region of the causes and impacts of The Pair of ACEs – adverse childhood experiences and adverse community environments – and Toxic Stress.

We promote positive childrearing practices and highlight research on approaches that minimise and prevent childhood adversity, increase protective factors for survivors of ACEs, and build Hope and Resilience.

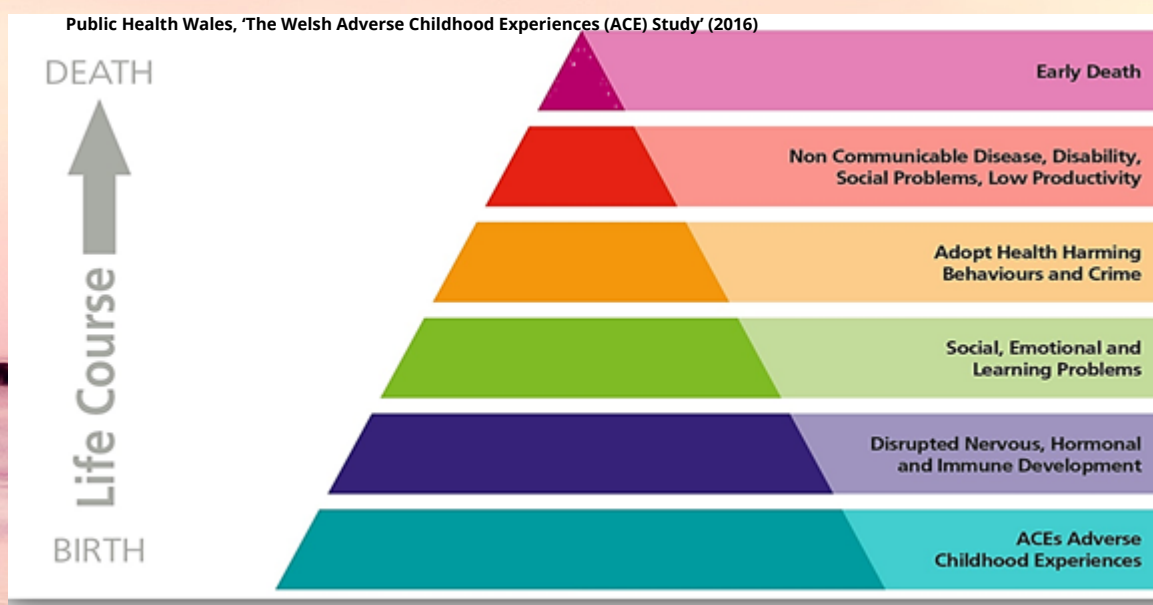
What are ACEs?

ACEs refer to sources of intense stress that many children experience, including poverty, physical, emotional or sexual abuse, neglect, community violence, racism, and peer victimisation. These experiences can occur within the household/family and within the community where the child resides. They have harmful effects on children's brains, immune system development, and overall well-being, even when they become adults.



How do ACEs Affect Us?

ACEs can be gateways to violence, drug addiction, alcoholism, and other harmful behaviours. They are also predictive for negative health outcomes such as heart disease, diabetes and obesity, and are powerful predictors of people's poor social functioning, work ethic, and academic performance.



ACEs increase individuals' risks of developing health-harming behaviours

Compared with people with no ACEs, those with 4+ ACEs are:

- 2 times more likely to currently binge drink and have a poor diet
- 3 times more likely to be a current smoker
- 5 times more likely to have had sex while under 16 years old
- 6 times more likely to have had or caused an unplanned teenage pregnancy
- 7 times more likely to have been involved in violence in the last year
- 11 times more likely to have used heroin/crack or been incarcerated

CONTACT US

Web: Linktr.ee/acescaribbean



ACEs are Fact, Not Fate!

Having high ACEs scores is not a death sentence. Most people who suffer from ACEs and toxic stress can live healthily and even thrive if they get proper care and support.

Click our logo or social media icons to **Contact us** for more information.

