

What are ACEs?

Adverse childhood experiences (ACEs) are potentially traumatic experiences that occur in childhood, such as abuse, neglect, parental substance abuse, discrimination, and more.



What are PCEs?

Positive Childhood Experiences (PCEs) are experiences that can help promote healthy development and resilience and mitigate the negative effects associated with ACEs.



People who have experienced 3 or more ACEs are more likely to use alcohol and other illicit substances. Certain ACEs, such as domestic violence, are associated with higher risk of substance abuse.

Data source: 2021 High School Youth Risk Behavior Survey/Youth Tobacco Survey (YRBS/YTS)

Ways to Help Youth Thrive

Promote PCEs ([learn more about PCEs here](#)) | Prevent ACEs | Prevent youth substance use



Parents and Caregivers

- Play and talk with your child daily
- Create a safe, stable, and nurturing relationship with your child
- [Register youth in substance abuse prevention programs](#)



Friends, family, and neighbors

- Offer to babysit
- Offer to make a meal to lessen the impact of food scarcity
- [Spend time with youth engaging in fun activities](#)



Everyone

- Connect with youth and promote social activities
- Teach skills on healthy relationships
- [Encourage self-care and finding support](#)

Learn more and find additional resources at: healingsystemsdata.org