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# RELATIONSHIP ABUSE

Understanding the impact of Adverse  
Childhood Experiences (ACES)

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# Adverse Childhood Experiences

The Division of Violence Prevention at the Centers for Disease Control and Prevention (CDC), in partnership with Kaiser Permanente, conducted a landmark ACE study from 1995 to 1997 with more than 17,000 participants.

The study found:

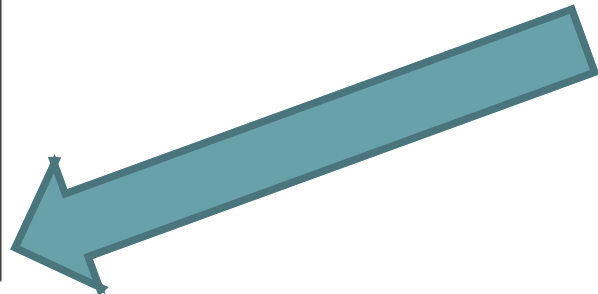
- ACEs are common.
- ACEs cluster.
- ACEs have a dose-response relationship with many health problems.



Demographic information is from the entire ACE Study sample (n=17,337).

### Demographic Information for CDC-Kaiser ACE Study Participants, Waves 1 and 2.

Demographic Information	Percent (N = 17,337)
<b>Gender</b>	
Female	54.0%
Male	46.0%
<b>Race/Ethnicity</b>	
White	74.8%
Hispanic/Latino	11.2%
Asian/Pacific Islander	7.2%
African-American	4.5%
Other	2.3%
<b>Age (years)</b>	
19-29	5.3%
30-39	9.8%
40-49	18.6%
50-59	19.9%
60 and over	46.4%
<b>Education</b>	
Not High School Graduate	7.2%
High School Graduate	17.6%
Some College	35.9%
College Graduate or Higher	39.3%



Note: Research papers that use Wave 1 and/or Wave 2 data may contain slightly different reports of participants' demographic information.

<https://www.cdc.gov/violenceprevention/acestudy/about.html>

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

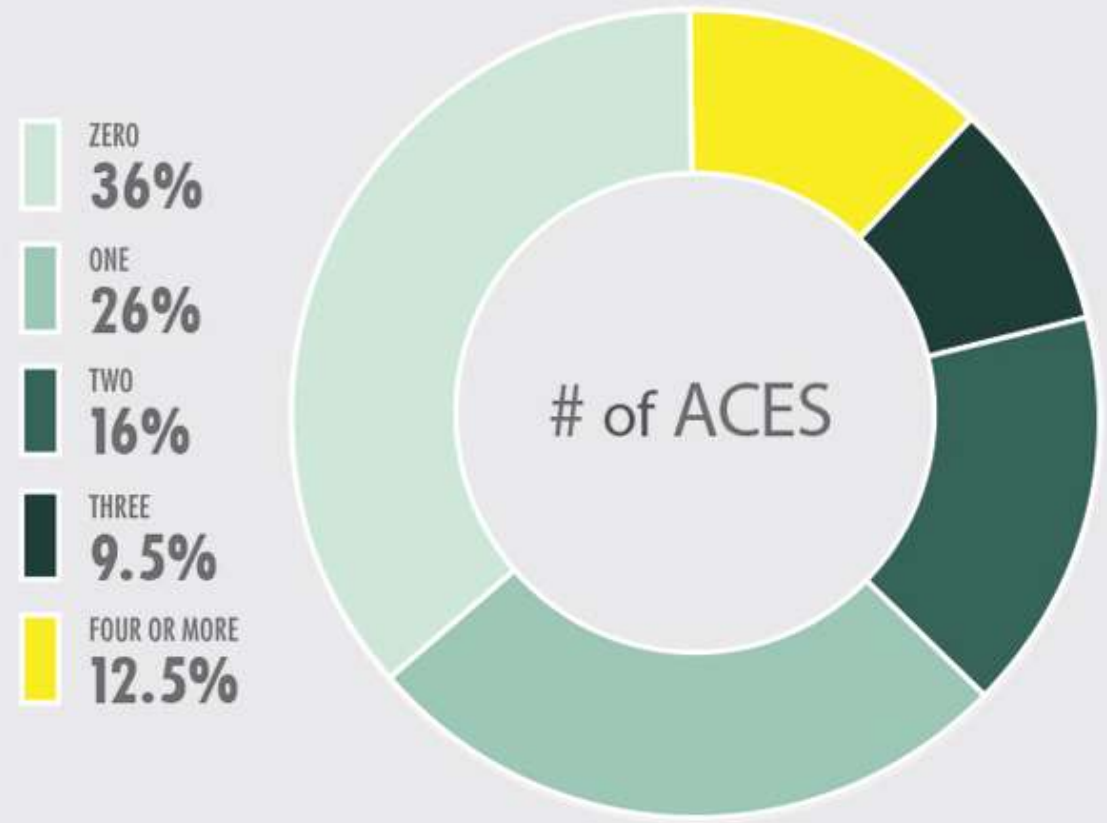


Divorce

Out of 17,000  
ACE study  
participants

## How Common are ACES?

ACE Study



## BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

## PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

# ACES can have lasting effects on....



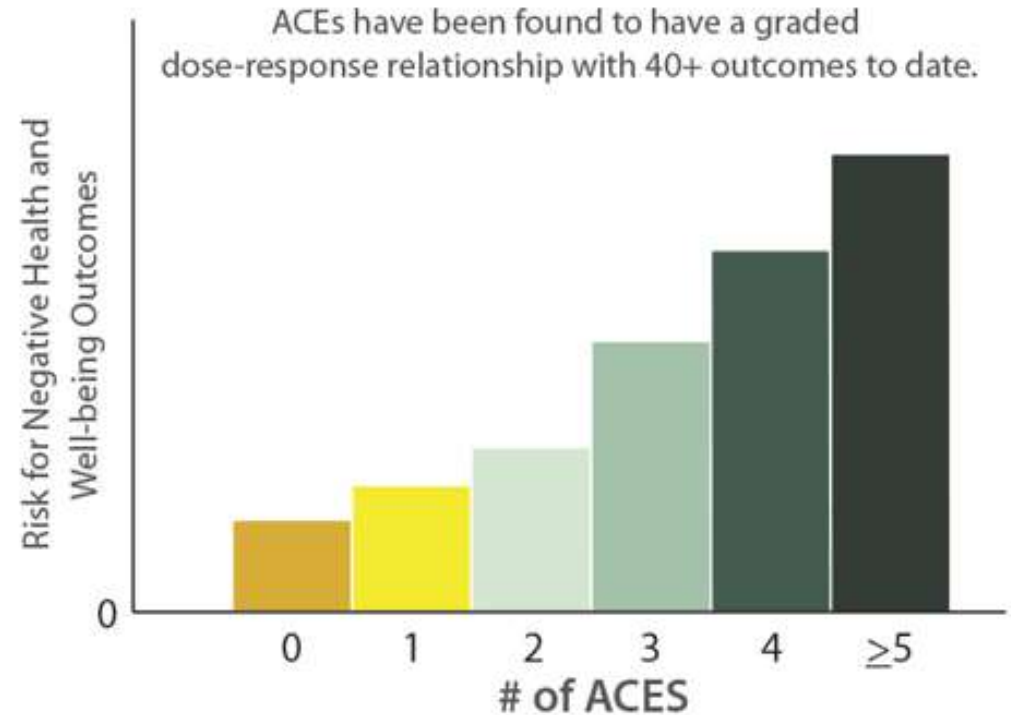
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



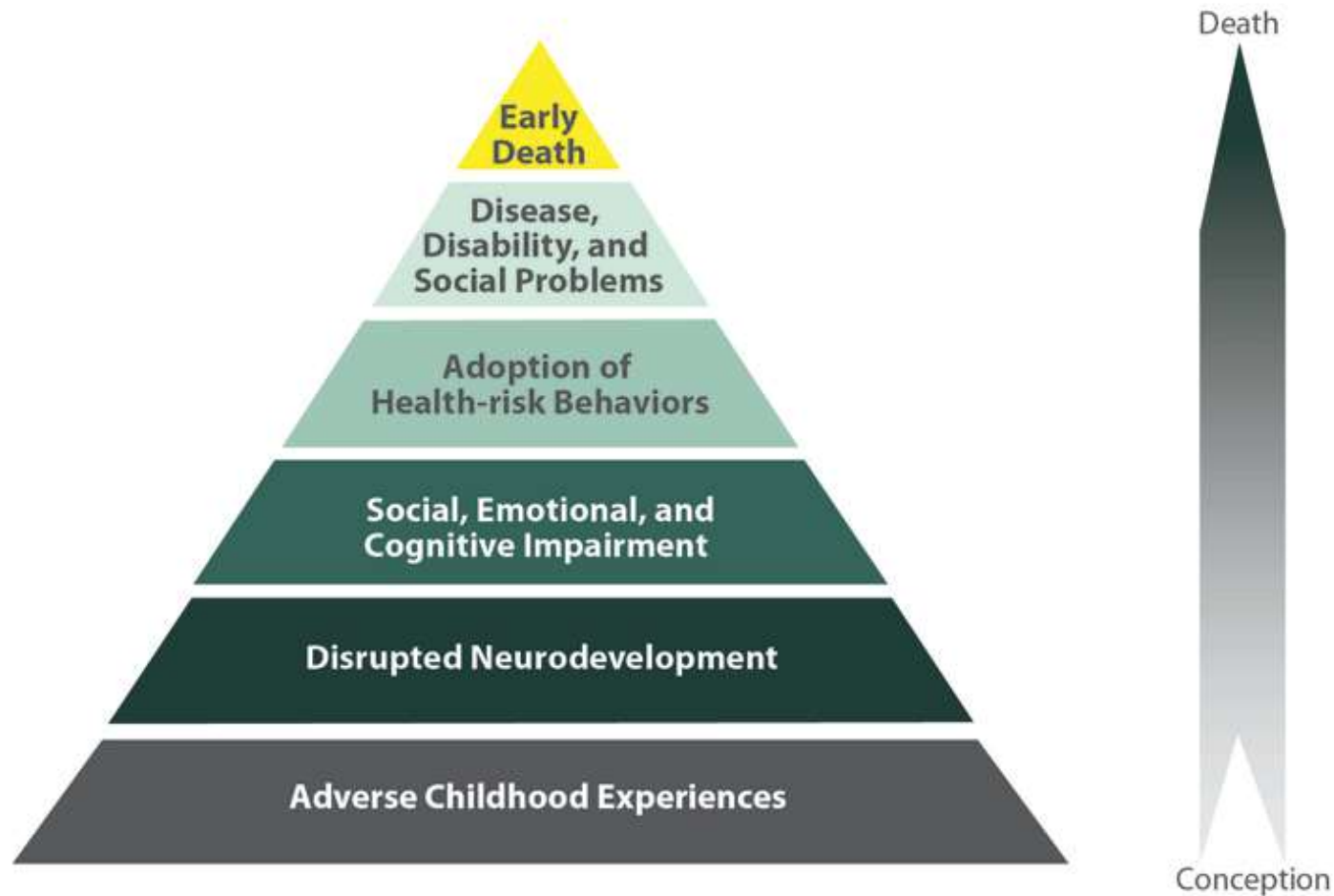
Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



\*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



In an average classroom  
of 30 students:

6 students with 0 ACE

5 students with 1 ACE

6 students with 2 ACEs

3 students with 3 ACEs

7 students with 4-5 ACEs

3 students with **6+ ACEs**



# Trauma impacts our ability to learn

- Lower academic performance
- Language difficulties
- Behavior and discipline problems
- Social-emotional problems
- Self-injurious behaviors
- Lack of focus
- Difficulty with memory
- Increase in aggressive behaviors



How does this align with UMW's efforts to address intimate partner violence and relationship abuse?

# THE CYCLE OF ABUSE...



# PROMISING FUTURES

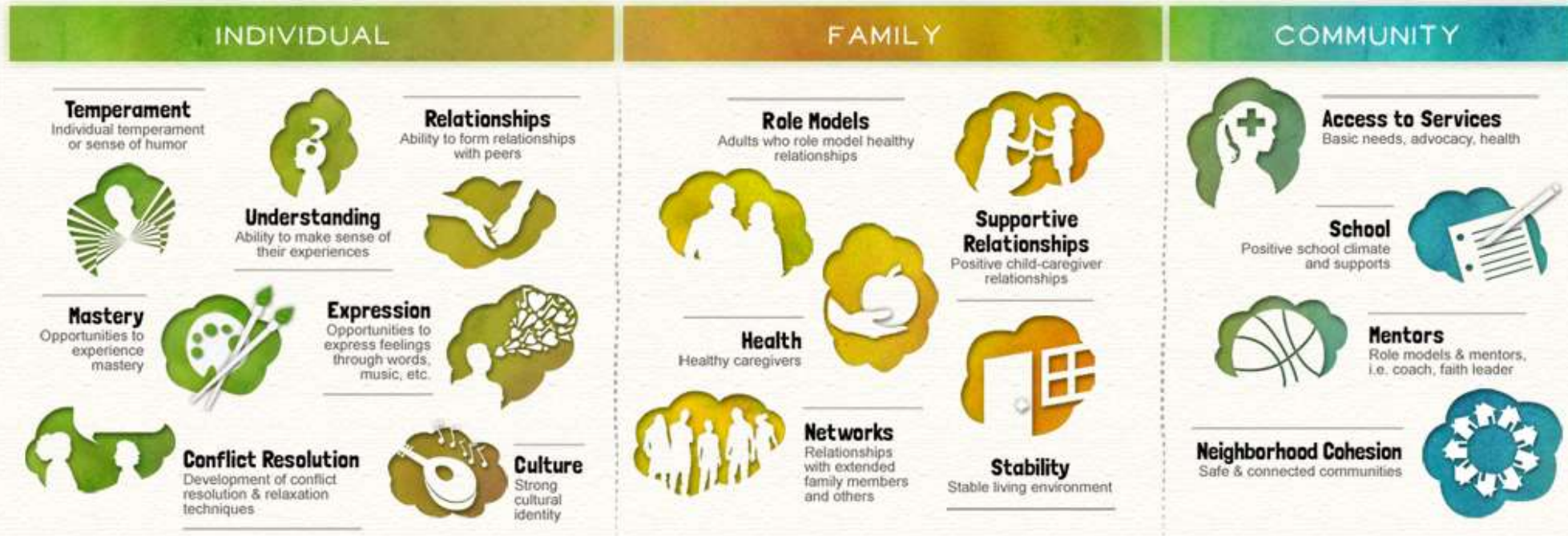
## PROMOTING RESILIENCY

among children and youth experiencing domestic violence

Almost 30 million American children will be exposed to family violence by the time they are 17 years old.<sup>[1]</sup> Kids who are exposed to violence are affected in different ways and not all are traumatized or permanently harmed. Protective factors can promote resiliency, help children and youth heal, and support prevention efforts.

Research indicates that the #1 protective factor in helping children heal from the experience is the presence of a consistent, supportive, and loving adult—most often their mother.<sup>[1]</sup>

### PROTECTIVE FACTORS THAT PROMOTE RESILIENCY



Get started at [www.PromisingFuturesWithoutViolence.org](http://www.PromisingFuturesWithoutViolence.org)

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)

National Dating Abuse Helpline: 1-866-331-9474 or text "loveis" to 77054

*Promising Futures: Best Practices for Serving Children, Youth & Parents is a project of Futures Without Violence*

**FUTURES**  
WITHOUT VIOLENCE™

Formerly Family Violence Prevention Fund

# 6 Key Principles of Trauma-Informed Approaches

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice, and Choice
- Cultural, Historical, and Gender Issues

Questions?