ACEs (Adverse Childhood Experiences) are traumatic childhood events that can have negative, lasting effects on health and behaviour.

Nearly Half of all adults in England have experienced at least one of these ACEs:

- **Emotional Abuse** 17.3%, equal to 95,000 people in Manchester.
- **Physical Abuse** 14.3%, equal to 78,000 people in Manchester.
- **Sexual Abuse** 6.2%, equal to 34,000 people in Manchester.
- **Mother Treated Violently** 12.1%, equal to 66,000 people in Manchester.
- **Substance Abuse** 9.1% (alcohol), 3.9% (drug), equal to 50,000 (alcohol), 21,000 (drugs) people in Manchester.
- **Parental Separation** 22.6%, equal to 123,000 people in Manchester.
- **Relative in Prison** 4.1%, equal to 22,000 people in Manchester.
- **Mental Illness** 12.1%, equal to 66,000 people in Manchester.
- **Household Substance Abuse** 9.1% (alcohol), 3.9% (drug), equal to 50,000 (alcohol), 21,000 (drugs) people in Manchester.
- **Physical Neglect** 17%, equal to 93,000 people in Manchester.
- **Emotional Neglect** 23%, equal to 125,000 people in Manchester.

As the number of ACEs increase, so does the potential for health problems, whilst people can adopt risky behaviours.

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

- **Increased risk of cardiac disease and type 2 diabetes** 3x.
- **More likely to have used crack cocaine or heroin** 16x.
- **More likely to have gone to prison at any point in their lifetime** 20x.
ACEs: Adverse Childhood Experiences...are traumatic childhood events that can have negative, lasting effects on health and behaviour.

By focusing on Preventing ACEs in future generations, we can reduce levels of:
- Imprisonment by 53%.
- Binge Drinking by 15%.
- Heroin/Crack Use by 59%.
- Violence Peretration by 52%.
- Violence Victimisation by 51%.
- Cannabis Use by 33%.
- Early Sex (Under 16) by 33%.
- Poor Diet by 14%.
- Unplanned Teenage Pregnancy by 38%.
- Smoking by 16%.

We can help heal trauma and ACEs by building Resilience: helping people return to being healthy and hopeful after difficult things have happened. Resilience can be built in the...

**Individual**
- Healthy and Strong Relationships.
- Regulating Emotion Well, Increased Self Esteem.
- Appropriate Sleep, Exercise and Nutrition.
- Positive Coping Skills.
- Live in a Safe and Secure Place.

**Community**
- Presence of Mentors.
- School Engagement with Families.
- Opportunities for Social Interaction.
- Positive Networks and Influences.
- Participation in Social and Leisure Activities.

**Family**
- Reliable Support from Extended Family.
- Clear Expectations for Behaviour.
- Trusted Adult Relationships.

...these Protective Factors can buffer the impact of trauma, and ultimately help lower risk through promoting resilience.