

Tracing Your Family ACEs

ACEs (Adverse Childhood Experiences) refers to traumatic incidents in childhood, which in turn can change a child's brain wiring, coping skills, and physical and emotional health, all of which can change the course and direction of a child's life.

Adverse Childhood Experiences (ACEs) Measured in the CDC-Kaiser ACE Study

- Physical, Emotional, Sexual Abuse
- Physical, Emotional Neglect
- Family Member with Substance Abuse or Mental Illness
- Incarcerated Family Member
- Parental Divorce or Separation
- Witnessing Mother (Step-Mother) Treated Violently

Subsequent ACEs Surveys Measured

- Racism
- Witnessing Violence Outside the Home
- Living in an Unsafe Neighborhood
- Involvement in the Foster Care System
- Bullying
- Involvement with the Juvenile Justice System

Other Types of ACEs (Some may be more common for earlier generations than today's.)

- Poverty, Homelessness, Lack of Food
- Losing a Sibling/Witnessing a Sibling Being Abused
- Living in a War Zone or Living through a Natural Disaster
- Forced Migration/Relocation; Being an Immigrant or Raised by Legal or Illegal Immigrant Parents
- Orphaned/Referred to as an Illegitimate Child or Child of an Unwed Mother/Adopted
- Forced into Child Labor to Support Self or Family
- Persecution for Sexual Orientation or Gender Identification

Why Trace Your Family ACEs?

A parent raised by a parent with ACEs, who in turn was raised by a parent with ACEs, can unintentionally cause ACEs for their own child. In other words, a parent experiencing ACEs/Trauma can have toxic-stress impacts on the parent, which in turn can result in ACEs for their children. Understanding one's Family ACEs Tree, coupled with an understanding of ACEs and the CDC-Kaiser ACE Study, can help a person recognize their harmful health and quality of life outcomes are the consequence of intergenerational ACEs/Trauma. This can help that person with their healing and forgiveness processes and break the cycles of intergenerational ACEs/Trauma. For more about **ACEs and the ACE Study**, visit [CDC >ACE Study](#) and [ACEs Connection > ACEs Science 101 FAQs](#). For more about parenting with ACEs and what you can do to help yourself and your child, visit [ACEs Connection > Parenting With ACEs](#). Please see reverse to complete your Family ACEs Tree.

My Family ACEs Tree

Recording the ACEs of your parents and grandparents can shed light on why you may have experienced ACEs/Trauma. You can add an additional ACEs box for your child to determine if your child is inadvertently experiencing ACEs/Trauma, as well, and then take necessary steps to heal your own ACEs/ Trauma and help your child heal theirs.

My Maternal Grandmother's ACEs
My Maternal Grandfather's ACEs

My Fraternal Grandmother's ACEs
My Fraternal Grandfather's ACEs

My Mother's ACEs

My Father's ACEs

My ACEs

My Child's ACEs