



# Adverse Childhood Experiences

Ten categories of childhood trauma, or adverse childhood experiences (ACEs) were identified in a research study conducted by Kaiser Permanente, a managed care consortium, and the Centers for Disease Control and Prevention, a federal agency of the US Dept. of Health and Human Services.

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Parental Incarceration

## The Consequences of ACEs



*The more Adverse Childhood Experiences a person experiences as a child, the more likely he or she will suffer from poor health outcomes as an adult.*

### Toxic Stress As Trauma

**Persistent fear and anxiety can affect young children's learning and development and change brain architecture.**

Scientists now know that chronic, unrelenting stress in early childhood--caused, for example, by abrupt separation from caregivers, extreme poverty, or parental depression--can be toxic to the developing brain in the same way that repeated abuse and witnessing violence changes brain architecture.

# Mentoring Makes A Difference

Students who meet regularly with their mentors are 52% less likely than their peers to skip a day of school. (Public/Private Ventures Study of Big Brothers Big Sisters)

**52%** less

Youths who meet regularly with their mentors are 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking. (Public/Private Ventures study of Big Brothers Big Sisters)

**46%** less

Young adults who face an opportunity gap but have a mentor are 81% more likely to participate regularly in sports or extracurricular activities than those who do not. (The Mentoring Effect, 2014)

**81%** more

Young adults who face an opportunity gap but have a mentor are 55% more likely to be enrolled in college than those who did not have a mentor. (The Mentoring Effect, 2014)

**55%** more

Source: <https://www.mentoring.org/why-mentoring/mentoring-impact/#1442263051104-6ca77555-c66albe4-a01f>

**M**entoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity... ”

Source: <https://www.mentoring.org/why-mentoring/mentoring-impact/>

## Tips for effective mentoring:

1. Remember that mentoring is a process that takes time
2. Put your mentee's needs first
3. Don't lecture, and be encouraging
4. Communicate honestly
5. Appreciate your mentee's best traits
6. Keep in mind that actions speak louder than words

Source: New Circle Mentoring Mentor's Handbook

## New Circle Mentoring



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## Just Be There

The presence of parents or parental surrogates in a child's life helps bring dopamine and cortisol to healthy levels, reducing the "toxic stress" that can harm development. (Dozier, 2005)

Source: [https://ndprevention.neglected-delinquent.ed.gov/sites/default/files/COIP%20PPT\\_2019.02.27.19\\_Final.pdf](https://ndprevention.neglected-delinquent.ed.gov/sites/default/files/COIP%20PPT_2019.02.27.19_Final.pdf)