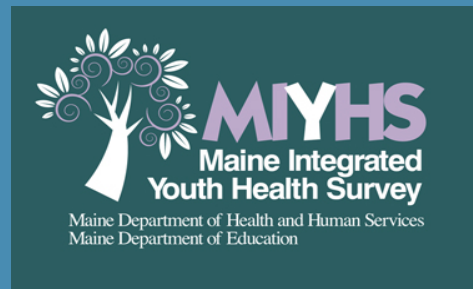


Adverse Childhood Experiences (ACEs) Among High School Students

2019 Maine Integrated Youth Health Survey Data



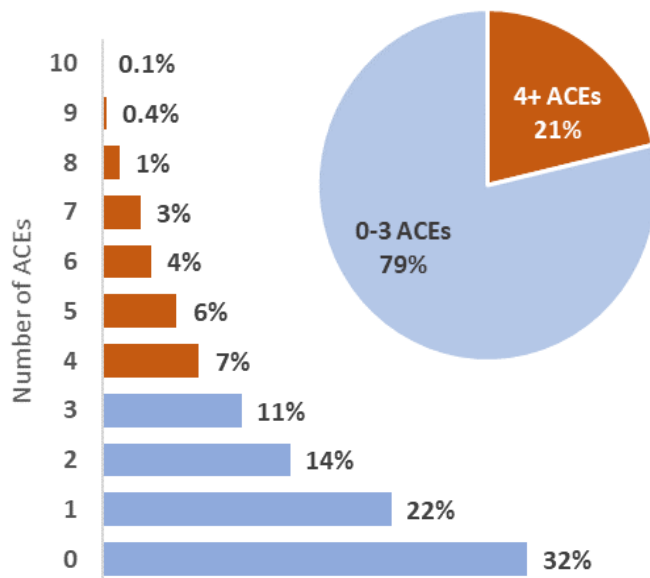
Measuring ACEs



Maine high school students were asked how many of the following happened to them. ACE scores are based on the number of experiences they had.

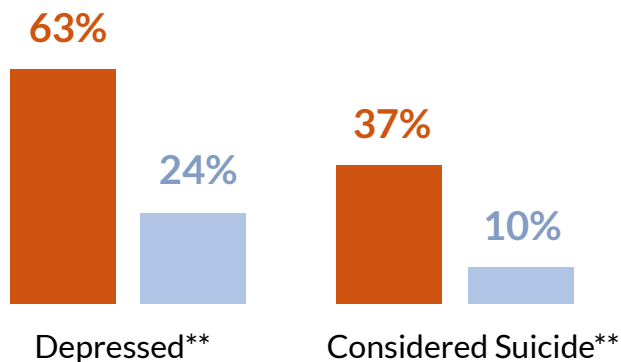
- Parents/guardians got divorced or separated
- A parent/guardian died
- A parent/guardian was in jail or prison
- Lived with an adult who had a mental illness
- Lived with an adult who often swore at/insulted, put down or humiliated them
- Physically hurt by an adult in the home
- Ever forced (physical or otherwise) to have sexual contact
- Violence in the home, or the threat of violence, ever made them want to leave home, even just for a short while
- Lived with an adult who had a problem with alcohol or drugs
- Does not have strong family love and support

1 in 5 Maine high school students have experienced **4 or more ACEs**.



More ACEs = Worse Health and More Risky Behavior

Students with 4+ ACEs are more likely to experience depression and consider suicide compared to **those with less than 4 ACEs**.



Compared to **students with less than 4 ACEs**, those **with 4+ ACEs** are...

- 3x** more likely to smoke cigarettes* (14% vs 4%)
- 2x** more likely to be bullied at school** (38% vs 18%)
- 2x** more likely to drink alcohol* (34% vs 18%)
- 2x** more likely to use marijuana* (37% vs 17%)

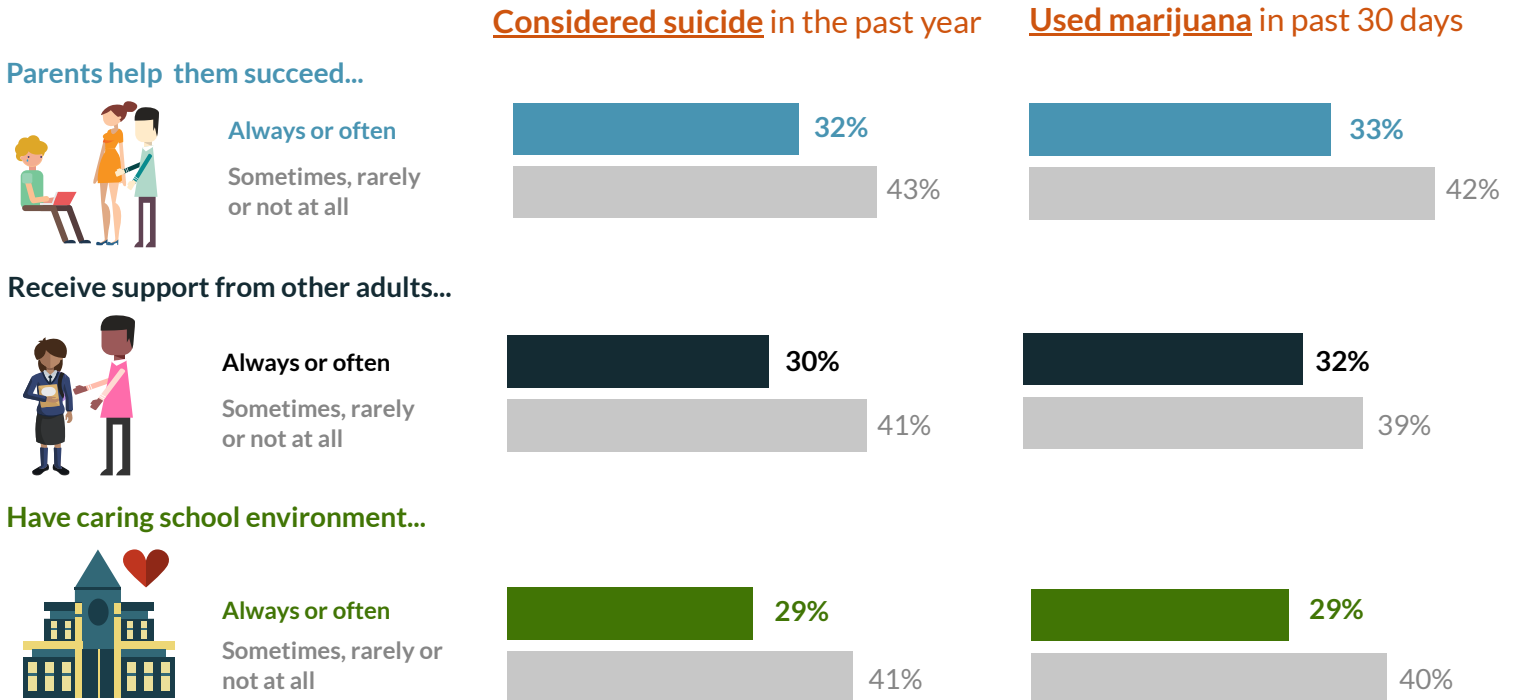
* In the past 30 days **In the past year

More Support = Better Health and Less Risky Behavior

Protective factors such as supportive relationships and caring environments can help students feel safe and enhance resiliency.

Students with 4+ ACEs who say they have strong support from their family and school report less suicide ideation and marijuana use, compared to those with less support.

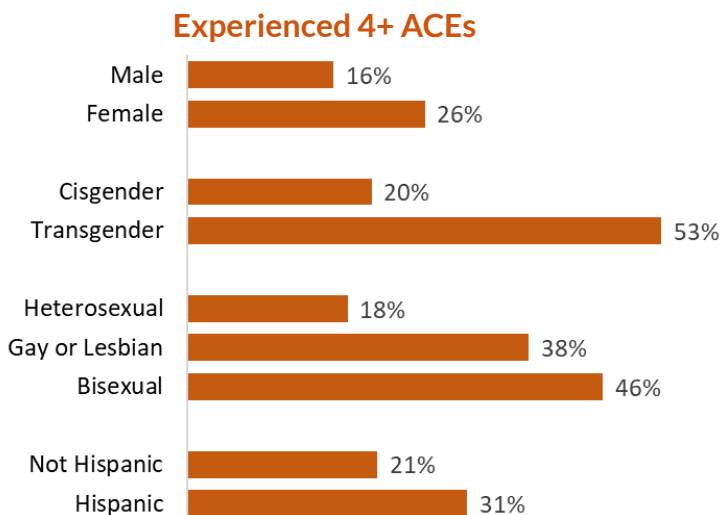
Among students with 4+ ACEs:



You Can Help Support Students

Some students need more support.

Girls, LGBT students and Hispanic students are more likely to experience **4+ ACEs** compared to boys, heterosexual students and non-Hispanic students.



- Provide opportunities for youth to develop interests and engage with their community.
- Talk with youth each day to build connections, trust and their sense of self-worth.
- Ensure youth have a physically and psychologically safe community in which to learn, grow and play.
- Seek out resources to support youth who have experienced trauma.

Web Resources:

Learn how to be a supportive adult

- www.BeMyHeroToday.com
- <https://preventionforme.org/parent/>
- www.myan.org/awareness-building/

For more Maine Integrated Youth Health Survey Data

- www.maine.gov/miyhs