

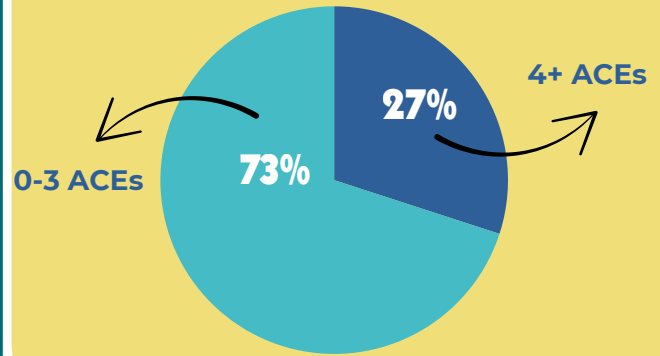
Adverse Childhood Experiences (ACEs) Among Maine High School Students

2023 Maine Integrated Youth Health Survey Data

ACE scores are based on how many experiences Maine students have had, including:

- A parent/guardian died
- Parents/guardians got divorced or separated
- 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
- Lived with an adult who misused alcohol or drugs
- Does not have strong family love and support

27% have experienced 4 or more ACEs



That's **more than 1 in 4** students

Girls, LGBTQ+, and Hispanic students are more likely to experience 4+ ACEs compared to boys, non-LGBTQ+ and non-Hispanic students

Experienced 4+ ACEs

FEMALE 33%

MALE 20%

LGBTQ+ 44%

NON-LGBTQ+ 21%

HISPANIC 38%

NON-HISPANIC 26%

Students with 4+ ACEs Have Less Support

Less likely to feel family love and support



Less likely to have support from other adults



Less likely to feel people at their school care about them



Resources

Learn how to be a supportive adult



www.BeMyHeroToday.com

<https://bethereforme.org/>

Students with 4+ ACEs are more likely to engage in risky behaviors and face greater challenges compared to students with fewer ACEs.



2x as likely to drink alcohol
(4+ ACEs, 32% vs. 0-3 ACEs, 16%)



3x more likely to use cannabis
(4+ ACEs, 35% vs. 0-3 ACEs, 12%)



Over 3x as likely to use e-vapor products
(4+ ACEs, 32% vs. 0-3 ACEs, 9%)

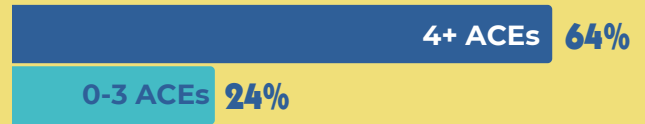


3x more likely to misuse prescription drugs
(4+ ACEs, 10% vs. 0-3 ACEs, 3%)

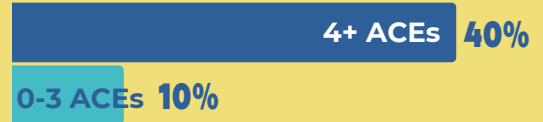


Over 3x more likely to smoke cigarettes
(4+ ACEs, 11% vs. 0-3 ACEs, 3%)

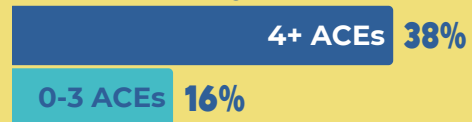
More than 2x as likely to feel sad or hopeless for 2+ weeks



4x more likely to consider suicide



Over 2x as likely to be bullied at school

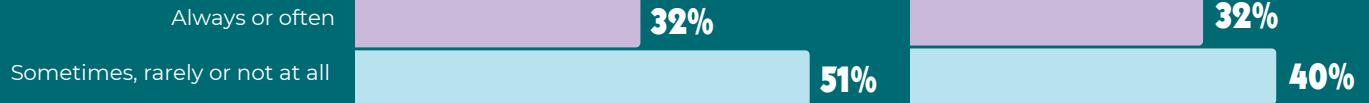


Among students who experience 4+ ACEs, those who report strong family and community support experience better outcomes.

Considered Suicide in the past year

Used Cannabis in the past 30 days

Family Love & Support



Support from Other Adults



Caring School Environment



Parents Who Help Them Succeed



ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

www.maine.gov/miyhs
miyhs.dhhs@maine.gov

