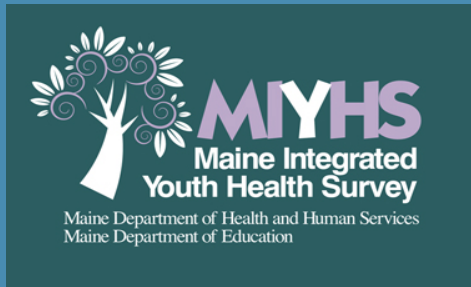


# Adverse Childhood Experiences (ACEs) Among High School Students

2019 Maine Integrated Youth Health Survey Data



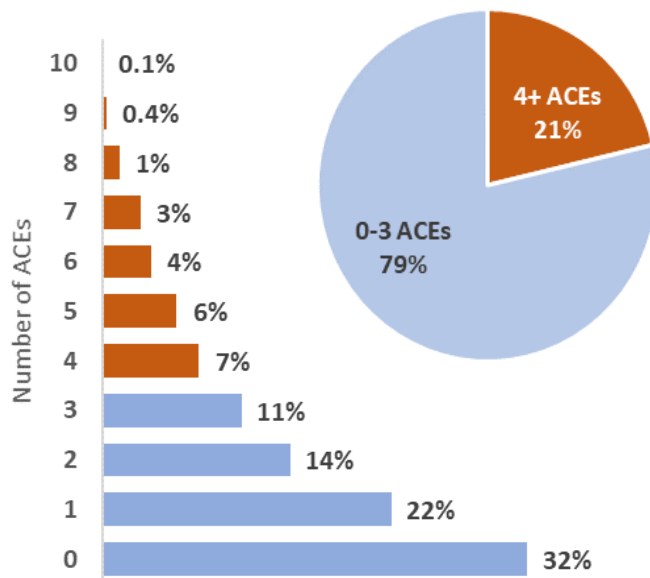
## Measuring ACEs



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.

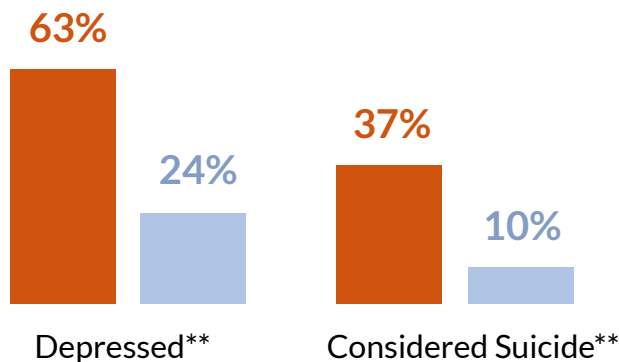
- Parents/guardians got divorced or separated
- A parent/guardian died
- A parent/guardian was in jail or prison
- Lived with an adult who had a mental illness
- Lived with an adult who often swore at/insulted, put down or humiliated them
- Physically hurt by an adult in the home
- Ever forced (physical 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%)

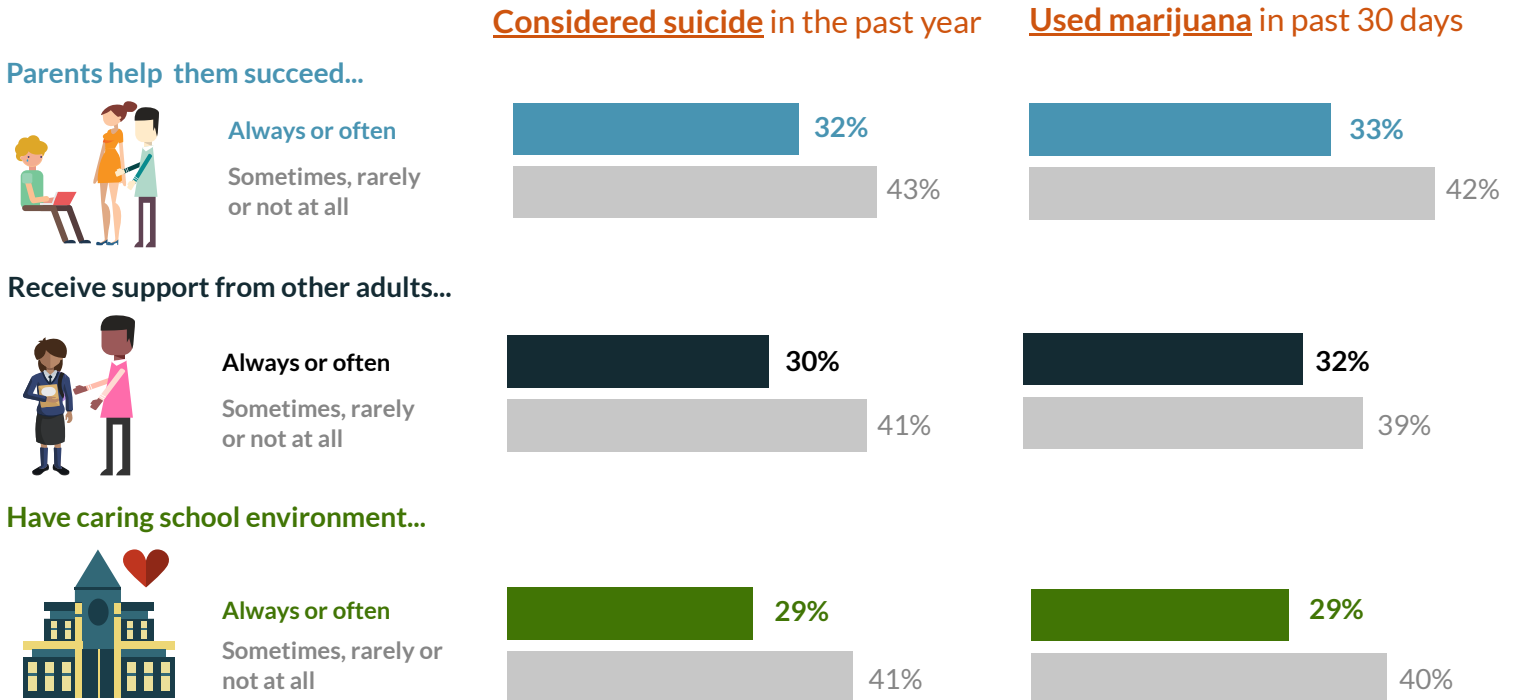
\* In the past 30 days \*\*In the past year

# 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.

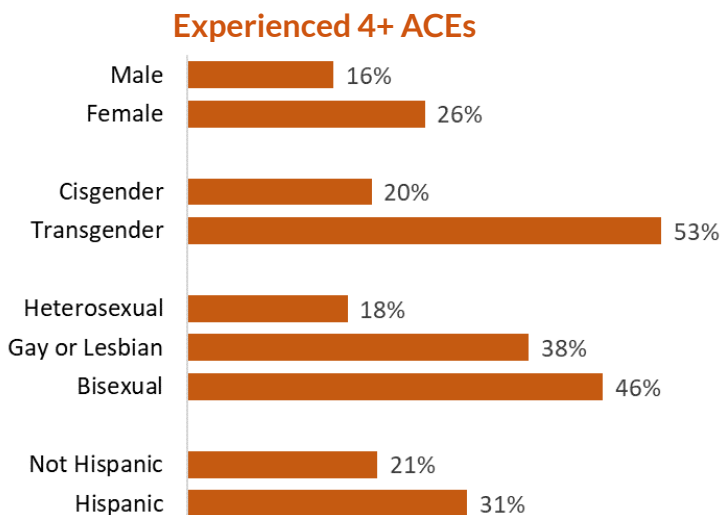
## Among students with 4+ ACEs:



## 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](http://www.BeMyHeroToday.com)
- <https://preventionforme.org/parent/>
- [www.myan.org/awareness-building/](http://www.myan.org/awareness-building/)

For more Maine Integrated Youth Health Survey Data

- [www.maine.gov/miyhs](http://www.maine.gov/miyhs)