



Adverse Childhood Experiences Examples

- Emotional abuse – Hurting someone’s feelings through tactics such as cursing at them, putting them down, humiliating, or insulting them.
- A child is afraid a parent or adult in the household will physically hurt them.
- A child is pushed, grabbed, slapped, or has things thrown at them.
- A child is hit so hard they have marks or injuries.
- A child is sexually abused or exposed to pornography.
- A child feels unloved or not cared about.
- A child is neglected; his or her physical, emotional, or developmental needs are not met.
- A parent or adult in the household is too drunk or high to take the child to the doctor when needed.
- A child sees their parent, caregiver, sibling, or pet:
 - regularly pushed, grabbed, slapped, or has things thrown at them;
 - kicked, bitten, hit with a fist or hit with something hard, or
 - repeatedly hit for at least a few minutes or threatened with a weapon.
- A child lives with someone who is a problem drinker, alcoholic, user of illegal drugs or abuser of legally prescribed drugs.
- A child lives with a parent, caregiver, or sibling who;
 - has depression or mental illness,
 - has threatened to or tried to commit suicide,
 - has gone to detention or prison, or
 - has died, especially under traumatic circumstances such as murder or drug overdose.
- A child experiences being homeless.
- A child experiences a natural disaster.

To see a complete list of regional Child Care Aware staff or to download one of our resources, visit us online
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