

# Kisa ACE yo ye e Poukisa Yo Enpòtan?



Eksperyans Negatif nan Anfans (Adverse Childhood Experiences, ACE yo) se evènman estresan nan lavi yon timoun oswa yon adolesan. Yo komen anpil e pifò Ameriken viv omwen youn. ACE yo ka rive nenpòt moun e yo ka gen efè alontèm sou sante.

## Tip ACE ki Genyen yo

ACE yo gen ladan eksperyans tankou abi, neglijans, ak lòt gwo faktè estrès tankou divòs, abi sibstans yon paran oswa lè ou se temwen vyolans nan kay la. Lis ki anba a gen ladan 10 ACE ki lye ak sante aktyèl oswa fiti yon timoun. Lòt kalite difikilte, ki gen ladan vyolans kominotè, asèlman, ak pòvreté, ka lakoz tou pwoblèm sante tou si pa gen sipò ki apwopriye a.

## Ekspozisyon a ACE ka nefas

Timoun yo viv alafwa bon ak move eksperyans, e toulède ka afekte sante yo. Lasyans montre ke eksperyans negatif ka gen efè alontèm sou sèvo ak kò timoun. Estrès yon ACE lakoz pa menm ak estrès tout timoun viv chak jou. Kalite estrès sa a ka lakoz pwoblèm sante tankou opresyon, dyabèt ak maladi kadyak. Li ka afekte tou konpòtman, aprantisaj ak sante mantal.

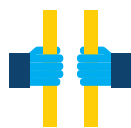
## Kisa ACE yo vle di pou ou ak pitit ou a?

Plis chif la wo pou ACE yo sa ka vle di risk la pi wo pou pwoblèm sante yo. Doktè swen prensipal pitit ou a ka poze kesyon sou ACE pitit ou a. Pwofesyonèl swen sante w la ka itilize enfòmasyon sa yo pou ede l pran desizyon medikal, amelyore swen pitit ou a ak mete w an kontak ak sèvis k ap ede w yo.

## ENSTABILITE NAN FWAYE



Maladi Mantal



Manm Fanmi  
ki nan Prizon



Manman yo  
Trete ak Vyolans



Abi Sibstans



Divòs

## NEGLIJANS



Fizik



Emosyonèl

## ABI



Fizik



Emosyonèl



Seksyèl

Sous: Robert Wood Johnson Foundation, 2013

## Bon Nouvèl la

ACE yo ogmante risk, men yo pa oblije lakoz pwoblèm sante. Lè adilt yo pran swen timoun yo yon fason ki konsistan e lè yo ba yo sipò, timoun yo santi yo san danje e an tout sekirite. Yo gen konfyans ke moun k ap ba yo swen yo ap reponn ak bezwen yo avèk lanmou. Santiman sekirite sa a bon pou sèvo ak kò yo. Lòt faktè mòdvi ki pozitif pou pitit ou a gen ladan manje manje ki bon pou sante, fè egzèsis fizik regilyèman, dòmi byen lannwit, pratike plenn konsyans ak jwenn sipò pou sante mantal lè sa nesèsè. Ansanm, tout bagay enpòtan sa yo ka kontribye nan diminye reyaksyon estrès yo e yo ka diminye efè negatif potansyèl ACE yo.

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