My childhood experiences meets the Abuse in Childhood Experiences (ACEs) survey in which I score six.

“There are 10 types of childhood trauma measured in the [CDC-Kaiser Permanente Adverse Childhood Experiences Study.](https://www.cdc.gov/violenceprevention/aces/index.html) (There are many others…see below.) Five are personal — physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect. Five are related to other family members: a parent who’s an alcoholic, a mother who’s a victim of domestic violence, a family member in jail, a family member diagnosed with a mental illness, and experiencing divorce of parents. Each type of trauma counts as one. So a person who’s been physically abused, with one alcoholic parent, and a mother who was beaten up has an ACE score of three.” [source: <https://acestoohigh.com/got-your-ace-score/>]

ACEs is a guideline that tells us the likelihood of a child developing serious health problems in adulthood. There are many types of trauma, of course, i.e., racism, bullying, watching a sibling being abused, losing a caregiver, etcetera. I discovered the ACE survey in 2019 and was amazed by its accuracy. My health has not been good. In fact, one doctor treating me with medication for Bi-Polar Depression said I have way too many health problems. It is important that children are protected from the types of trauma described in the ACES survey. Research has shown that an adult with adverse childhood experiences is more likely to have health issues in their adulthood than those without. I am living evidence of this.