

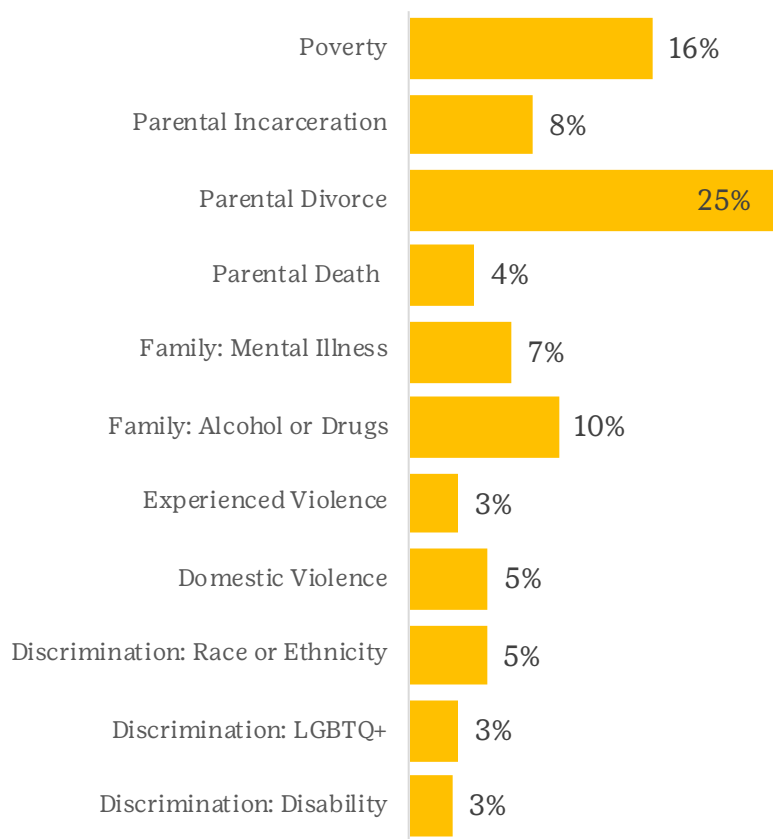


# Adverse Childhood Experiences

Commissioned by the Girl Scout Councils Serving Alabama

**44% of girls** in Alabama have encountered at least one adverse childhood experience.

## ACEs among Girls in Alabama



Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood. Studies show that children exposed to multiple ACEs are more likely to suffer long-term health consequences later in life like heart disease and depression.

ACEs include abuse, neglect, and household dysfunction. In Alabama:

- 25% of girls have parents who are separated or divorced;
- 16% of girls live in households that struggle to cover basic living expenses like food and water;
- 10% of girls live with someone who has a problem with alcohol or substance abuse;
- 8% of girls have a parent or guardian who served time in jail.

Source: National Survey on Children's Health, Alabama 2021-2022

## Preventing ACEs: Girl Scout Promise and Law

The Centers for Disease Control points to several factors that decrease the prevalence of ACEs among youth. While some involve large societal shifts, like household financial security, many are social norms and community values that we teach at the beginning of every Girl Scout troop meeting. Promoting social norms that protect against violence and nurture positive relationships are a big part of creating a positive environment for youth in our communities.

**77%**  
of girls agree that their troop leader creates a safe space in Girl Scouts and fosters positive mental health.