

**L**

**Look**

**E**

**Explore**

**N**

**Needs**

**S**

**Signpost • Support  
Safeguard**

# ACE – Adverse Childhood Experiences



Verbal abuse



Physical abuse



Domestic violence



Incarceration



Parental separation



Mental illness



Sexual abuse



Alcohol abuse



Drug use

**L**

**Edrych**

**E**

**Archwilio**

**N**

**Anghenion**

**S**

**Cyfeirio • Cymorth  
Diogelu**

# Profiadau Niweidiol yn ystod Plentyndod - ACE



Cam-drin llafar



Cam-drin corfforol



Trais domestig



Carcharu



Rhieni'n gwahanu



Salwch meddwl



Cam-drin rhywiol



Cam-drin alcohol



Defnyddio cyffuriau