



## Protective Factors Related to Better Health Outcomes Following Childhood Adversity

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Approximately 32% of Canadian adults indicate that they have experienced physical abuse, sexual abuse, and/or exposure to intimate partner violence (IPV) in childhood. A large proportion of child maltreatment research, including abuse and neglect, has focused on risk factors and associated maladaptive outcomes. Being maltreated as a child can have devastating consequences and is linked to poor academic performance, mental disorders, poor psychological well-being, physical health problems, aggression, crime, violence, suicidal behaviour, and decreased quality of life. Collectively, this literature indicates that child maltreatment is associated with significant impairment. Fortunately, not all children exposed to maltreatment experience poor health and developmental outcomes; some children appear to be more resilient. This workshop will examine the prevalence of child abuse in Canada, discuss the constructs of resilience in the context of adversity, and review evidence from the Childhood Adversity and Resilience (CARE) Research Team on protective factors related to better mental health and substance use outcomes following child maltreatment.

**Dr. Tracie Afifi**

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