

Our experiences during childhood and adolescence can influence our health and well-being throughout life. Understanding past difficult experiences can help identify how supports can lessen the burden of adversity and build resilience.

Instructions: The 10 questions below ask about Adverse Childhood Experiences (ACEs) that may have occurred. Consider past experiences **prior to the age of 18 years** and place a check for every “yes” answer.

1. Did a parent or other adult living in your home:

Often or very often swear at you, insult you, or put you down?

or

Often or very often act in a way that made you afraid that you might be physically hurt?

2. Did a parent or other adult living in your home:

Often or very often push, grab, slap, or throw something at you?

or

Ever hit you so hard that you had marks or were injured?

3. Did an adult or person at least 5 years older than you:

Ever touch or fondle you or have you touch their body in a sexual way?

or

Ever attempt to or successfully have oral, anal, or vaginal sex with you?

4. Did you **often** feel that:

No one in your family loved you or thought you were important or special?

or

Your family didn't look out for each other, feel close to each other, or support each other?

5. Did you **often** feel that:

You didn't have enough to eat, had to wear dirty clothes, and had no one to take care of you, protect you, or take you to the hospital if you needed it?

or

Your parents were too drunk or high to take care of you?

6. Were your parents ever divorced or separated?

7. Was your mother or stepmother:

Sometimes, often, or very often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?

or

Ever repeatedly hit over at least a few minutes?

or

Ever threatened with or hurt by a knife or gun?

8. Was a household member a problem drinker or alcoholic or use street drugs?

9. Was a household member depressed or mentally ill or attempt suicide?

10. Did a household member go to prison?

Add up your check marks.

Your ACE score:

*ACEs are common and can be very challenging to overcome.
With enough support and opportunities to heal, it is possible to build resilience
and thrive despite experiencing early adversity.*



aceshub.org



Felitti, V. J., Anda, R. F., Nordenburg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Koss, M. P., & Marks, J. S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventative Medicine*, 14(4), 245-258. [https://doi.org/10.1016/s0749-3797\(98\)00017-8](https://doi.org/10.1016/s0749-3797(98)00017-8)