

## Adverse Childhood Experiences (ACEs)

There are 10 types of childhood trauma measured in the ACEs Study: five personal (physical, verbal, and sexual abuse, and physical and emotional neglect) and five relate to other family members (a parent who is an alcoholic or a victim of domestic violence, a family member in jail or diagnosed with a mental illness, and the absence of a parent through divorce, death, or abandonment). There are, of course, other types of childhood trauma (witnessing a sibling being abused, losing a caregiver, homelessness, experiencing a severe accident or natural disaster, etc.) that were not included in the original study.

Before my 18 <sup>th</sup> birthday...	Place a ✓ if this was true for you.
A parent or other adult in the household often swore at me, insulted me, put me down, humiliated me, or acted in a way that made me fear that I might be physically hurt.	
A parent or other adult in the household often pushed, grabbed, slapped, or threw something at me, or hit me so hard that I had marks or sustained injury.	
An adult or person at least five years older than me touched or fondled me or had me touch their body in a sexual way, attempted, or actually had oral, anal, or vaginal intercourse with me.	
I often felt that the members of my family did not love me or think I was important or special, or did not look out for one another, feel close to one another, and support one another.	
I often felt that I didn't have enough to eat, had to wear dirty clothes, and had no one to protect me. Or my parents were too drunk or high to take care of me or take me to the doctor if needed.	
My parents separated or divorced.	
My mother or stepmother was often pushed, grabbed, slapped, kicked, bitten, hit with a fist or something hard, had something thrown at her, or was threatened with a gun or knife.	
I lived with someone who was a problem drinker or alcoholic, or who used street drugs.	
A household member was depressed, mentally ill, or attempted suicide.	
A household member went to prison.	
<b>THE TOTAL NUMBER OF ✓ MARKS IS YOUR ACEs SCORE.</b>	