

Adverse Childhood Experience (ACE) Survey

Finding your ACE Score ra hbr 10 24 06

The questions below will ask you about bad experiences you may have had while you were growing up. These are called Adverse Childhood Experiences, or ACEs, for short.

Circle an answer (yes or no) for each question. At the end of the survey, count how many questions you answered yes and write that number down. That is your ACE Score.

Questions	Answers	
1. During your first 18 years of life, did someone you lived with often ... Swear at you, insult you, put you down, or embarrass you? or Act in a way that made you afraid that you might get injured (hurt)?	Yes	No
2. During your first 18 years of life, did someone you lived with ... Often push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?	Yes	No
3. During your first 18 years of life, did someone at least 5 years older than you ever ... Touch or fondle you or have you touch them in a sexual way? or Try to or actually have any kind of sex with you?	Yes	No
4. During your first 18 years of life, did you often feel that ... No one in your family loved you or thought you were important or special? or Your family did not look out for each other, feel close to each other, or support each other?	Yes	No
5. During your first 18 years of life, did you often feel that ... You did not have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?	Yes	No
6. During your first 18 years of life, were your parents ever separated or divorced?	Yes	No
7. During your first 18 years of life, did your mother or stepmother: Often get pushed, grabbed, or slapped, or have something thrown at them? or Ever get kicked, bitten, hit with a fist, or hit with something hard? or Ever get hit over and over or threatened with a gun or knife?	Yes	No
8. During your first 18 years of life, did you live with anyone who was an alcoholic or who used drugs illegally?	Yes	No
9. During your first 18 years of life, was someone you lived with depressed or mentally ill, or did someone you live with attempt suicide?	Yes	No
10. During your first 18 years of life, did someone you live with go to prison?	Yes	No

Count the number of times you answered “Yes”. Write the number down in the next column, under “Yes”. This is your ACE Score.		