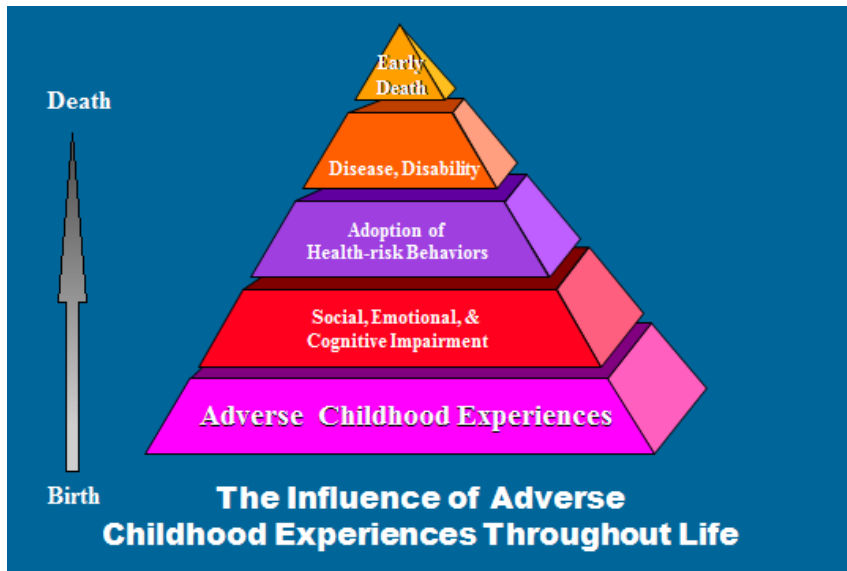


# What's your ACE Score?

Check Yes or No to each question below

1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt? No\_\_\_ If Yes, enter 1 \_\_\_\_
2. Did a parent or other adult in the household 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? No If Yes, enter 1 \_\_\_\_
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 Attempt or actually have oral, anal, or vaginal intercourse with you? No\_\_\_If Yes, enter 1 \_\_\_\_
4. Did you often or very 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? No\_\_\_If Yes, enter 1 \_\_\_\_
5. Did you often or very often feel that ... You didn't 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? No\_\_\_If Yes, enter 1 \_\_\_\_
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason? No\_\_\_If Yes, enter 1 \_\_\_\_
7. Was your mother or stepmother: 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 threatened with a gun or knife? No\_\_\_If Yes, enter 1 \_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? No\_\_\_If Yes, enter 1 \_\_\_\_
9. Was a household member depressed or mentally ill, or did a household member attempt suicide? No\_\_\_If Yes, enter 1 \_\_\_\_
10. Did a household member go to prison? No\_\_\_If Yes, enter 1 \_\_\_\_

Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score




### Categories of Adverse Childhood Experiences

	Category	Prevalence (%)
<b>Abuse, by Category</b>		
	Psychological (by parents)	11%
	Physical (by parents)	11%
	Sexual (anyone)	22%
<b>Household Dysfunction, by Category</b>		
	Substance Abuse	26%
	Mental Illness	19%
	Mother Treated Violently	13%
	Imprisoned Household Member	3%

### Adverse Childhood Experiences Score

Number of categories adverse childhood experiences are summed ...

ACE score	Prevalence
0	48%
1	25%
2	13%
3	7%
4 or more	7%



- More than *half* have at least one ACE
- If one ACE is present, the ACE Score is likely to range from 2.4 to 4