

Adverse Childhood Experience (ACE) Questionnaire

When children are exposed to adverse and stressful experiences, it can have a long-lasting impact on their ability to think, interact with others and on their learning.

ACEs should not be seen as someone's destiny, awareness is key to finding help and support. There is much that can be done to offer hope and build resilience in children, young people and adults who have experienced adversity in early life including therapeutic counselling, play and creative arts therapy.

Finding your ACE Score

Please note; this questionnaire is not intended to pass judgment in any way it is merely a tool to aid understanding of possible underlying issues/causes of behaviour and/or physical symptoms.

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **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?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ... Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes 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
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
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?

Yes No

If yes enter 1 _____

5. Did you **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?

Yes No

If yes enter 1 _____

6. Were your parents **ever** separated or divorced?

Yes No

If yes enter 1 _____

7. Was your mother or stepmother:

Often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes or 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?

Yes No

If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes No

If yes enter 1 _____

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

Yes No

If yes enter 1 _____

10. Did a household member go to prison?

Yes No

If yes enter 1 _____

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

ACE scores of 4 or above may indicate the possibility of developing short and long-term health issues, behavioural issues including struggles with emotional regulation and relationships, and physical symptoms associated with experiencing trauma.

It is important to note that having a high number of ACEs **does not** mean a person will necessarily develop associated physical, behavioural and/or health problems, it simply means that they are at greater risk. Although ACEs can impact the development of the brain, parts of the brain can grow and new pathways may develop with help and support.