

Confidential

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 they were growing up, during the first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at them, insult them, put them down, or humiliate them?
or
Act in a way that made them afraid that they 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 your child?
or
Ever hit them so hard that they had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than them **ever**...
Touch or fondle them or have them touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with them?
Yes No If yes enter 1 _____

