## The Adverse Childhood Experiences Test

An ACE score is a tally of different types of abuse, neglect, and other hallmarks of a rough childhood. According to the Adverse Childhood Experiences study, the rougher your childhood, the higher your score is likely to be and the higher your risk for later health problems.

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| **#** | **Ace Question** | **Yes** | **No** |
| 1 | Before your 18th birthday, 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? |  |  |
| 2 | Before your 18th birthday, 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? |  |  |
| 3 | Before your 18th birthday, did an adult or person at least five years older than you ever touch or fondle you or have you touch their body in a sexual way *or* attempted or actually had oral, anal or vaginal intercourse with you? |  |  |
| 4 | Before your 18th birthday, 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? |  |  |
| 5 | Before your 18th birthday, 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? |  |  |
| 6 | Before your 18th birthday, was a biological parent ever lost to you through divorce, abandonment, or other reason? |  |  |
| 7 | Before your 18th birthday, 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? |  |  |
| 8 | Before your 18th birthday, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? |  |  |
| 9 | Before your 18th birthday, was a household member depressed or mentally ill, or did a household member attempt suicide? |  |  |
| 10 | Before your 18th birthday, did a household member go to prison? |  |  |
| ***Total Points*** | |  |  |

***What is considered a high ACE score?***

The more ACEs a person has, the greater the risk for chronic disease, mental illness, violence and being a victim of violence. Individuals who have an ACE score of 4 or more are at an increased risk for COPD, hepatitis, depression, suicidality, cancer, and ischemic heart disease (the #1 killer in the U.S.) People with an ACE score of 6 or higher are at risk of their lifespan shortened by 20 years.