



What is My ACE Score?

The Adverse Childhood Experience (ACE) Survey is meant as a guideline: if you experienced other types of toxic stress or trauma over months or years, then those would likely increase your risk of health consequences.

Prior to your 18th birthday:

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? Act in a way that made you afraid that you might be physically hurt? **If “Yes” add 1 point**
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? **If “Yes” add 1 point**
3. Did an adult, a family member, or another child in your household 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? **If “Yes,” add 1 point**
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? **If “Yes,” add 1 point**
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, or 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? **If “Yes,” add 1 point**
6. Were your parents ever separated or divorced? Did one of your parents die – either unexpectedly or from an illness? **If “Yes” add 1 point**
7. Did your parent(s) or other members in your household: Often or very often push, grab, slap, or throw things at the other (or at each other)? or Sometimes, often, or very often kick, bite, hit with a fist, or hit each other with something hard? or Ever repeatedly hit with or threaten the other with a gun or knife? **If “Yes” add 1 point**
8. Did you live with anyone who was a problem drinker or alcoholic, or who used drugs - including recreational use of prescription medications? **If “Yes” add 1 point**
9. Was a household member depressed or mentally ill, or did a household member attempt suicide? **If “Yes” add 1 point**
10. Did a household member go to prison? **If “Yes” add 1 point**

Now add up your “Yes” answers: ___ This is your ACE Score

Other questions to consider that were not in the original study:

Did you live in a community with high rates of violence or drug use?

Did you witness an extreme act of violence such as a murder, rape, or another heinous crime?

Were you present for or did you witness acts of terrorism or torture?

Did you experience a lot of medical issues, surgeries, or hospitalizations?

Were you subjected to or did you witness extreme amounts of racism or discrimination?

Were you bullied often or very often by your peers or even adults outside of the home including interactions online?



Resilience Score: Protective Factors

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences. Find out your resilience score below.

Please circle the most accurate answer under each statement:

1. I believe that my mother loved me when I was little.

Definitely true Probably true Not sure Probably Not True Definitely Not True

2. I believe that my father loved me when I was little.

Definitely true Probably true Not sure Probably Not True Definitely Not True

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.

Definitely true Probably true Not sure Probably Not True Definitely Not True

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

Definitely true Probably true Not sure Probably Not True Definitely Not True

6. When I was a child, neighbors or my friends' parents seemed to like me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

8. Someone in my family cared about how I was doing in school.

Definitely true Probably true Not sure Probably Not True Definitely Not True

9. My family, neighbors and friends talked often about making our lives better.

Definitely true Probably true Not sure Probably Not True Definitely Not True

10. We had rules in our house and were expected to keep them.

Definitely true Probably true Not sure Probably Not True Definitely Not True

11. When I felt really bad, I could almost always find someone I trusted to talk to.

Definitely true Probably true Not sure Probably Not True Definitely Not True

12. As a youth, people noticed that I was capable and could get things done.

Definitely true Probably true Not sure Probably Not True Definitely Not True

13. I was independent and a go-getter.

Definitely true Probably true Not sure Probably Not True Definitely Not True

14. I believed that life is what you make it.

Definitely true Probably true Not sure Probably Not True Definitely Not True

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled "Definitely True" or "Probably True?") _____

Of these circled, how many are still true for me? _____