

ACE

Adverse Childhood Experiences (ACEs) is the term given to describe all type of abuse, neglect, and other traumatic experiences that occur to individual under the age of 18.

ADVERSE CHILDHOOD EXPERIENCES

What's My ACE Score? and What can I do now?

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? 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 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.

Questions provided by acestoohigh.com and the ACE Study

A high ACE score does not mean you have mental or physical health problems, but if you have a high score and are experiencing other concerns, you might want to discuss this with your health professional as part of your overall wellness program.

**Note: There are, of course, many other types of childhood trauma – watching a sibling being abused, losing a caregiver (grandmother, mother, grandfather, etc.), homelessness, surviving and recovering from a severe accident, etc. The ACE Study included only the above 10 childhood traumas because these were the most common among the Kaiser members studied in the research. The ACE score is meant as a guideline: If you experienced other types of toxic stress over months or years, then those would likely increase your risk of health consequences.*

ACE

Your ACE Score _____

ADVERSE CHILDHOOD EXPERIENCES

What's Your ACE Score?

There are 10 types of childhood trauma measured in the ACE Study.

Five are personal: physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect. Five are related to other family members: a parent who is an alcoholic, a mother who is a victim of domestic violence, a family member who is in jail, a family member who is diagnosed with a mental illness, and the disappearance of a parent through divorce, death or abandonment. Each type of trauma counts as one. So a person who's been physically abused, with one alcoholic parent, and a mother who was beaten up has an ACE score of three.

Now that you know your ACE score, what can you do?

- ✓ Increase your awareness of trauma and how it impacts your family.
- ✓ Increase your understanding of impact or trauma in the lives of your family members.
- ✓ Learn ways to educate yourself and connect you and your family to resources that can change the trajectory of your families' health and well-being

How can you and your family learn to build resilience?

- Ask for help by reaching out to a trusted friend, family member or professional
- Learn to take care of yourself so you can take care of yourself and your family members
- Build trusting relationships with others and strengthen your social network
- Take advantage of classes and resources available in the community
- Develop a positive attitude and recognize the good in each day
- Make sure your basic needs, such as food, clothing and shelter, are met. Once they are met, you can focus on your family and their health
- Identify and understand their feelings and emotions in order to express them in a healthy way
- Talk to your friends, family, counselors, mentors or medical or social service providers

Don't do it alone

It's important that you reach out for help in this process. Talk to your health care provider. Talk to your family. Ask for resources in your community.

Resources on ACEs:

<https://acestoohigh.com/>

<https://vimeo.com/139998006>

Check out our Peace4Crawford site to what's happening in Crawford County
<https://peace4crawford.org/>
or look for us up on Facebook.