Adverse Childhood Experiences* during your child's first eighteen years:

This form helps begin a conversation about stress children have Please mark a circle for each

of the categories (1-10) that

experienced, how much no longer bothers them, what has

worked for them, and what could help support their health. your child has experienced. Often or very often a parent or other adult in the For example: household swore at, insulted, or put your child down and 0000000000_4_ sometimes, often or very often acted in a way that made your child think that he or she might be physically hurt. 000000000 Your child was sometimes pushed, grabbed, slapped, or had something thrown at him or her or were ever hit so hard that he or she had marks or was injured. An adult or person at least 5 years older ever touched or 3 Please mark a circle for each fondled your child in a sexual way, or had your child touch of the above categories that their body in a sexual way, or attempted or actually had still bothers your child. oral, anal, or vaginal intercourse with your child. For Example: Your child's family rarely made him or her feel special and 0000000000_2_ loved, or was a source of strength, support, and protection. 000000000 There was not enough to eat, parents' drinking interfered 5 Interview: with your child's care, your child had to wear dirty clothes, How is it that the other or there was nobody to take your child to the doctor. categories don't still Your child's mother or stepmother was sometimes, often, bother your child? or very often pushed, grabbed, slapped, or had something thrown at her and/or was sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard, How does what still or ever repeatedly hit over at least a few minutes or ever bothers him or her threatened or hurt by a knife or gun. affect your child? Your child lived with anyone who was a problem drinker or alcoholic or lived with anyone who used street drugs. A household member was depressed or mentally ill or a 8 Would you like to explore household member attempted suicide. how to change what still Your child's parents were ever separated or divorced. bothers your child? 9 A household member went to prison. 10

Adverse Childhood Experiences* during your first eighteen years of life:

Please mark a circle for each

of the categories (1-10) that

This form helps begin a conversation about how much stress

you have experienced, how much no longer bothers you, what has worked for you, and what could help support your health. you have experienced. Often or very often a parent or other adult in the For example: household swore at you, insulted you, or put you down and 0000000000_4_ sometimes, often or very often acted in a way that made you think that you might be physically hurt. 000000000 You were sometimes, often, or very often pushed, grabbed, slapped, or had something thrown at you or were ever hit you so hard that you had marks or were injured. An adult or person at least 5 years older ever touched or Please mark a circle for each 3 fondled you in a sexual way, or had you touch their body in of the above categories that a sexual way, or attempted or actually had oral, anal, or still bothers you. vaginal intercourse with you. For Example: Your family rarely made you feel special and loved, or was 0000000000_2_ a source of strength, support, and protection. 000000000 There was not enough to eat, parents' drinking interfered 5 Interview: with your care, you had to wear dirty clothes, or there was How is it that the other nobody to take you to the doctor. categories don't still Your mother or stepmother was sometimes, often, or very bother you? often pushed, grabbed, slapped, or had something thrown at her and/or was sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard, or ever How does what still repeatedly hit over at least a few minutes or ever bother you affect you? threatened or hurt by a knife or gun. You lived with anyone who was a problem drinker or alcoholic or lived with anyone who used street drugs. A household member was depressed or mentally ill or a Would you like to explore 8 how to change what still household member attempted suicide. Your parents were ever separated or divorced. 9 bothers you? A household member went to prison. 10