



## Adverse Childhood Experience (ACE) Questionnaire Finding Your ACE Score

1. Did a parent or other adult in the household **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?Yes \_\_\_\_\_
2. Did a parent or other adult in the household **often** . . .
  - Push, grab, slap or throw something at you? or
  - Ever hit you so hard that you had marks or were injured?Yes \_\_\_\_\_
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
  - Try to actually have oral, anal or vaginal sex with you?Yes \_\_\_\_\_
4. Did you **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?Yes \_\_\_\_\_
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?Yes \_\_\_\_\_
6. Were your parents ever separated or divorced?  
Yes \_\_\_\_\_
7. Was your mother or stepmother . . .
  - **Often** pushed, grabbed, slapped or had something thrown at her? or
  - **Sometimes** or 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 a knife?Yes \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes \_\_\_\_\_
9. Was a household member depressed or mentally ill or did a household member attempt suicide?  
Yes \_\_\_\_\_
10. Did a household member go to prison?  
Yes \_\_\_\_\_

Now add up your "Yes" answers: \_\_\_\_\_  
This is your ACE score.

## 10 Experiences Children Need to Prevent Risk and Promote Resilience: The PACEs (Protective and Compensatory Experiences)

1. Did you have someone who loved you unconditionally (you did not doubt that they cared about you)?  
Yes \_\_\_\_\_
2. Did you have at least one best friend (someone you could trust and had fun with)?  
Yes \_\_\_\_\_
3. Did you do anything regularly to help others (e.g., volunteer at a hospital, nursing home, church) or do special projects in the community to help others (food drives, Habitat for Humanity)?  
Yes \_\_\_\_\_
4. Were you regularly involved in organized sports groups (e.g., soccer, basketball, track or other physical activity (e.g., competitive cheer, gymnastics, dance, marching band)?  
Yes \_\_\_\_\_
5. Were you an active member of at least one civic group or a non-sport social group such as scouts, church or youth group?  
Yes \_\_\_\_\_
6. Did you have an engaging hobby — an artistic or intellectual pastime either alone or in a group (e.g., chess club, debate team, musical instrument or vocal group, theater, spelling bee or reading a lot)?  
Yes \_\_\_\_\_
7. Was there an adult (not a parent) you could trust and could count on when you need help or advice (e.g., coach, teacher, minister, neighbor, relative)?  
Yes \_\_\_\_\_
8. Was your home typically clean AND safe with enough food to eat?  
Yes \_\_\_\_\_
9. Overall, did your school provide the resources and academic experiences that you needed to learn?  
Yes \_\_\_\_\_
10. In your home, were rules clear and fairly administered?  
Yes \_\_\_\_\_

Now add up your "Yes" answers: \_\_\_\_\_  
This is your PACE score.

Morris, Hays-Grudo, et al. (2014). *Protecting parents and children from adverse childhood experiences (ACEs): Preliminary evidence for the validity of the PACEs*. Paper presented at the Society for Research in Child Development Special Topic Meeting: New Conceptualizations in the Study of Parenting-At-Risk, San Diego, CA.

# Positive Parenting Practices

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## Family Meals Together

- Prepare a meal together
- Sit down together to eat
- Have family snack time together
- Have a picnic in the living room
- Eat on the front porch
- Talk and connect!



## Going Out

- **Go outside**
- Do yard work together
- Plant some seeds
- Take a trip to the store
- Play Hopscotch together
- Blow bubbles
- **Take a walk**
- Identify plants and flowers
- Pick up trash
- Play "I Spy With My Little Eye"
- Go on a scavenger hunt for rocks and sticks
- **Go to a park**
- Look for wildlife and bugs
- Enjoy the swings together



## Singing

- Sing a song
- Sing a story

## Playing with peers

- **Connect with other children**
- Play outside
- Play board games
- Outside activities
- Tag, hopscotch, red rover, bubbles
- Make something in the kitchen

## Reading

- **Read books together**
- Read text or point to pictures
- Have your child tell the story
- Ask questions
- Make sounds
- Be excited!
- **Tell stories**
- Tell family stories or read new stories



## Limit Technology

- Set a reminder to turn off devices
- Limit screen time (tv, phone, video games, etc.)
- Put electronic devices away to focus on family

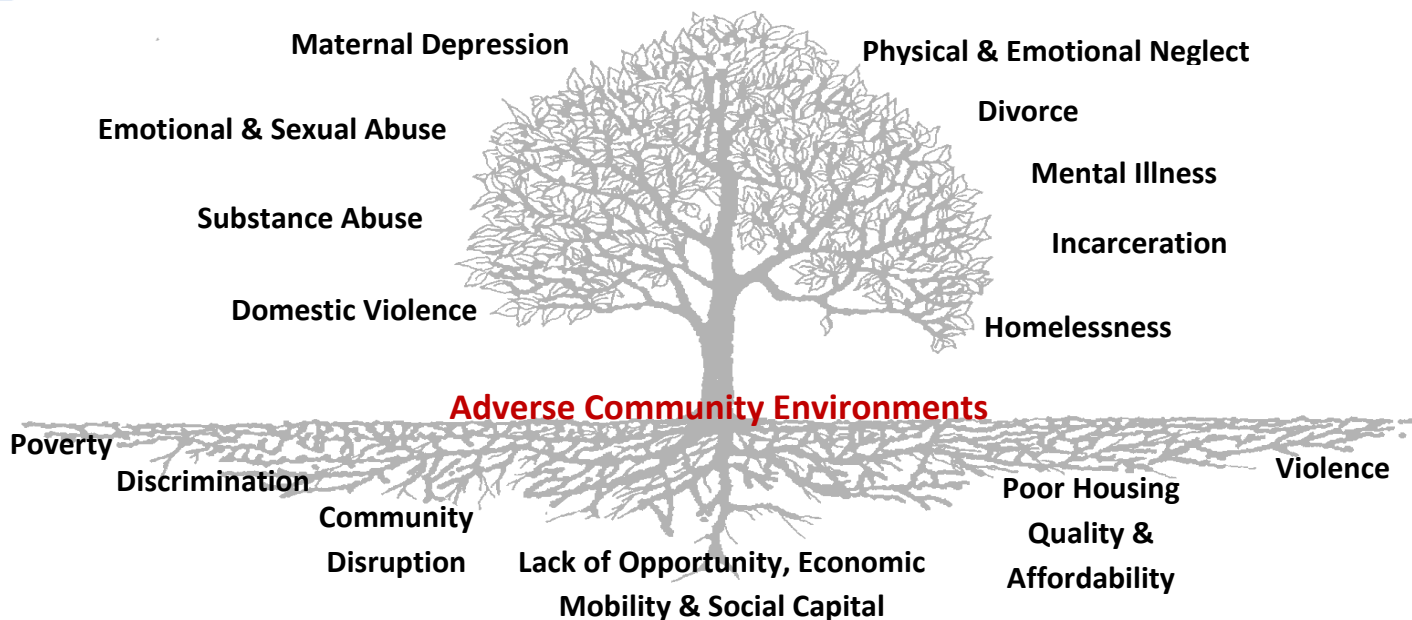


**Table 4. States in the Lowest and Highest Quartiles for Prevalence of Reported Adverse Childhood Experience, and State Percentage Prevalence**

	Economic hardship		Divorce/ Separation		Alcohol/ Drug		Mental illness		Violence		Incarceration		Death		Domestic violence	
Lowest Quartile	MD	20	DC	15	NY	6	CA	5	NJ	5	NJ	3	CT	1	NJ	5
	HI	21	NY	15	DC	7	FL	6	CT	6	NY	4	UT	2	CT	5
	VA	21	NJ	15	VA	8	GA	6	UT	6	CT	5	ME	2	VT	6
	SD	21	CT	16	GA	8	NJ	6	VA	7	RI	5	MN	2	MA	6
	MA	22	IL	16	CT	8	NY	7	NE	7	CO	5	WA	2	VA	6
	MN	22	CA	17	MD	8	IL	7	NH	7	MA	5	ND	2	IL	6
	ND	22	MD	17	IL	9	MD	7	TX	7	UT	5	NE	2	CO	6
	IA	22	HI	17	NJ	9	HI	7	ND	7	MN	5	IA	2	MD	6
	NY	22	UT	17	FL	9	DC	8	IA	7	HI	5	SD	2	RI	7
	NJ	22	VA	18	NC	10	SD	8	WI	8	NH	5	NV	2	UT	7
	CT	22	RI	19	TX	10	VA	8	FL	8	CA	5	CA	2	CA	7
	NE	22	PA	19	CO	10	CT	8	CA	8	VA	6	NJ	2	TN	7
Highest Quartile	RI	29	WY	25	IN	13	KY	11	NY	10	AR	9	NC	4	IN	8
	WV	29	NM	25	WV	14	NH	11	AK	11	WV	9	OH	4	OH	8
	TX	29	TN	25	ID	14	MI	11	IN	11	NE	9	KY	4	NC	9
	ME	29	ID	25	ME	14	WA	12	HI	11	WY	9	IN	4	AK	9
	KY	30	AR	26	KY	14	OK	12	AZ	11	AK	10	SC	4	AR	9
	NV	30	MI	26	VT	15	WV	12	WV	11	TN	10	LA	4	AZ	9
	OK	30	MT	26	AK	15	IA	13	DE	12	NM	10	NM	4	NM	9
	FL	30	VT	26	AZ	15	WY	13	MS	12	MI	10	GA	5	WV	9
	TN	31	ME	27	NM	17	ME	13	NM	12	OH	10	OK	5	KY	10
	MS	32	WV	28	OR	17	ID	13	OH	13	OK	10	AL	5	MT	10
	AR	33	KY	29	OK	17	OR	14	OK	13	IN	11	MS	6	MS	11
	AZ	34	OK	30	MT	18	MT	14	DC	17	KY	13	DC	7	OK	11

The Pair of ACEs

Adverse Childhood Experiences



Ellis W. & Dietz W.A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model, Academic Pediatrics (2017)