

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 are 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.