

## ACES Questionnaire:

Listed below are the questions in the **Adverse Childhood Events** survey. This is a version provided to adults. For each positive answer, record a point. The number of points is your score. *Please remember: ACE scores don't tally the positive experiences in early life that can help build resilience and protect a child from the effects of trauma. This is an additional piece of information that may inform your own exploration and lead you to talk to your health care providers and others about what is challenging to you now and what supports you may need.*

### Prior to your 18<sup>th</sup> 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?
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?
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?
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?
5. Did you often or very 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?
6. Were your parents ever separated or divorced?
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?
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Did a household member go to prison?

What's the Score in the Room? In some screenings and discussion, we offer the opportunity for participants to share their ACES score anonymously by following these steps:

1. Go to [www.menti.com](http://www.menti.com)
2. Enter Code that you see on the top of the screen.
3. Enter your score.
4. Click submit.

## Resilience Questionnaire:

A group of early childhood service providers, pediatricians, psychologists and health advocates in Southern Kennebec Healthy Start (Augusta, Maine) developed a "Resilience" questionnaire modeled on the ACES questionnaire. It is intended to prompt reflection and conversation on experiences that may have served as protective factors for those with an ACE score of four or more. | Circle the most accurate answer under each statement. Consider how many of these factors you had as a child (were "Definitely" or "Probably" true. How many are still true for you?

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