



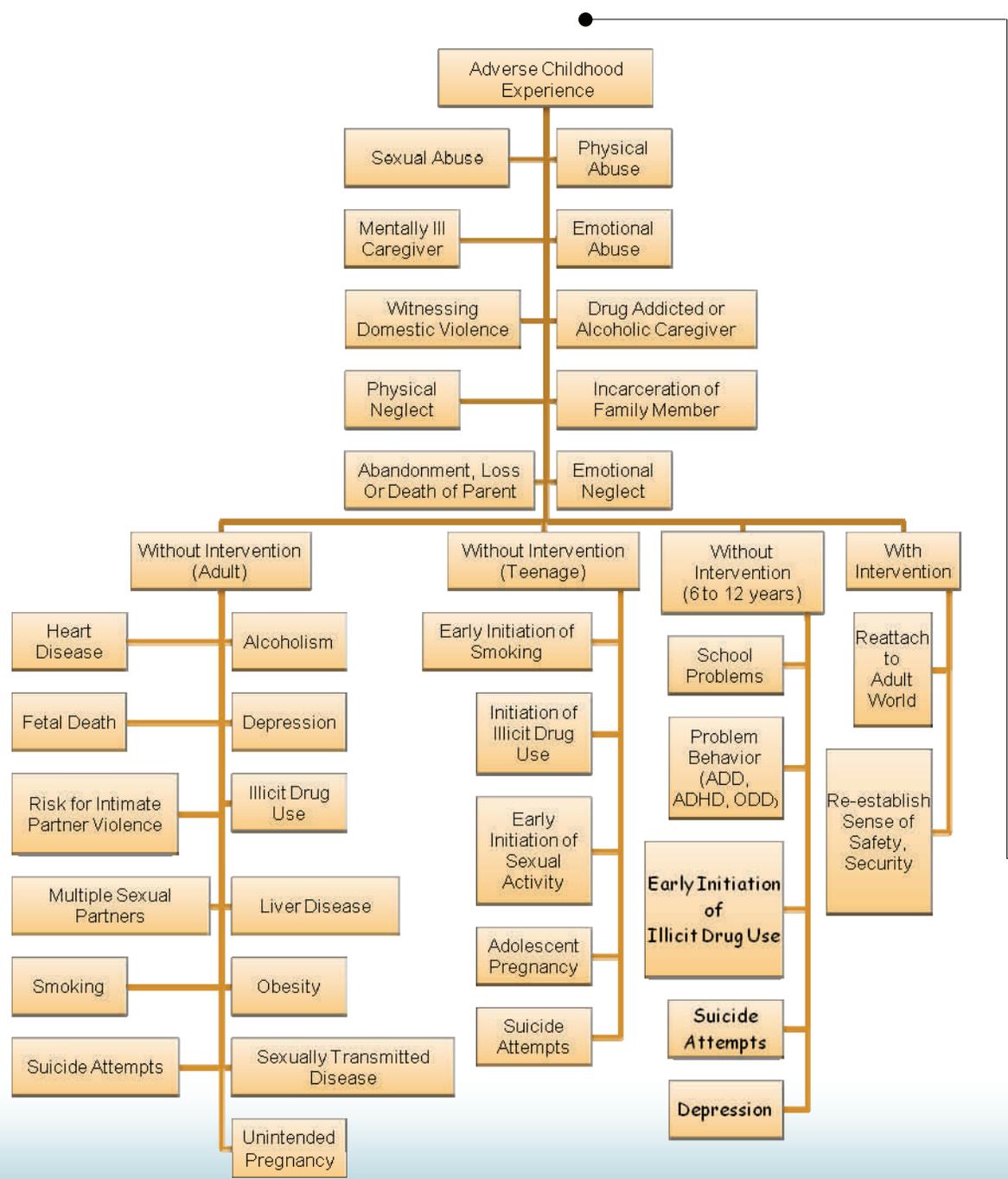
# ADVERSE CHILDHOOD EXPERIENCES

*Because every child deserves a safe harbor...*



**SAFE HARBOR CRISIS NURSERY**

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## Finding Your ACE Score — While you were growing up, during your first 18 years of life:

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? 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? 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? 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? If yes enter 1 \_\_\_\_\_
5. Did you **often or very often** feel that you didn't have enough to eat, wore 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? If yes enter 1 \_\_\_\_\_
6. Were your parents **ever** separated or divorced? 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 at least a few minutes or threatened with a gun or knife? If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs? If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill, or attempt suicide? If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison? If yes enter 1 \_\_\_\_\_

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



## ADVERSE CONSEQUENCES

If trauma is not dealt with in the early years, the consequences of these stressful events may be life long.

Dr. Bruce Perry, MD, PhD, has determined that trauma impacts brain development in early childhood and may influence the child's ability to learn.

Dr. Vincent Felletti, MD, and Dr. Robert Anda, MD, MS, have completed a research project for the Center for Disease Control on Adverse Childhood Experiences that directly links multiple categories of childhood trauma (ACE's), and health and behavioral outcomes later in life. Over 17,000 middle class patients at Kaiser Permanente Hospital in San Diego participated in the study. Of those patients, 51% had experienced at least one category of adverse childhood experience that resulted in physiological issues later in life.

For more information go to:  
<http://www.acestudy.org>