

# Adverse Childhood Experiences (ACEs) Questionnaire

<http://www.cdc.gov/violenceprevention/acestudy/>

## Prior to your 18th birthday did you experience:

- 1. Emotional Abuse** - 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. Physical Abuse** - 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. Sexual Abuse** - 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. Emotional Neglect** - 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. Physical Neglect** - 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 Did it seem as though your parents or guardians didn't take care of you, ie. take you to the doctor if you needed it etc.?
- 6. Loss of Parent** - Was a biological parent ever lost to you through divorce, abandonment, or other reason?
- 7. Domestic Violence** - Was your parent or guardian: Often or very often pushed, grabbed, slapped, or had something thrown at them? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Repeatedly hit for at least a few minutes or threatened with a gun / knife?
- 8. Family Member with Addiction** - Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
- 9. Family Member with Depression or Mental Illness** - Was a household member depressed or mentally ill, or did they attempt suicide?
- 10. Family Member Incarcerated** - Did a household member go to prison?



Visit [trf.net](http://trf.net) for courses and further information on the ACEs.