

NAME OF ACTIVITY: ACES Questionnaire Activity

Possible Uses: Facilitate conversation about how Adverse Childhood Experiences are unique and can have short- and long-term impacts depending on the three E's of trauma: event, experience, and effects.

Target Audience: Any professional who works with domestic violence cases.

Time: 15 Minutes

Objectives: Upon completion of this activity, participants will be able to:

- Identify their ACE score
- Explore and recognize the 3 E's of trauma
- Expand knowledge of how ACES are unique and can have short and long term effects.

Key Terms & Concepts: ACES Questionnaire

Equipment or Materials Needed: Copies of ACES questionnaire for every person

Preparation: N/A

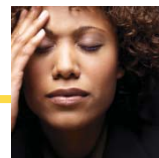
Instructions:

1. Provide participants with a copy of the ACES questionnaire. Electronic if virtual and hard copy if in person.
2. Encourage the group to talk about if they have heard of ACES before, were they surprised by any of the questions. How could a high ACE score impact a youth that has experienced harm?

REMEMBER: this questionnaire is anonymous. Participants DO NOT have to discuss their score!!

NOTE:

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?
Yes No 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?
Yes No 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?
Yes No 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?
Yes No If yes enter 1 _____
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?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No 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?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

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

Adapted from: http://www.acestudy.org/files/ACE_Score_Calculator.pdf, 092406RA4CR