

Adverse Childhood Experiences (ACEs) Survey - Youth

For use with youth age 11 years and older

Stressful life events can affect a child’s health and wellbeing. The ACEs survey can help in the following ways:

- Screen for stressful life events
- Gain guidance from your healthcare providers
- Support the needs of your child

The most important thing to remember is the ACEs score is just a guide.

Write a “1” next to the “yes” items and write the total number of yes’s at the end. What you share is your choice, we only need the total number.

While you were growing up, during your first 18 years of life...

Were your parents separated, divorced, or not living together? No ___ Yes ___

Has your parent or anyone you ever lived with gone to prison, jail or other correctional facility? No ___ Yes ___

Did you ever live with anyone who was depressed, mentally ill or suicidal? No ___ Yes ___

Did a parent or other adult ever hit you so hard that you had marks or were injured? No ___ Yes ___

Did you ever live with anyone who acted in a way that made you feel afraid? No ___ Yes ___

Have you ever been touched, or asked to touch, an adult or someone at least 5 years older sexually? No ___ Yes ___

Did you ever not have enough to eat, had to wear dirty clothes, and had no one to protect you, take care of you, or take you to the doctor if you needed? No ___ Yes ___

Have you ever witnessed adults in the home hitting, slapping, kicking or physical threatening each other? No ___ Yes ___

Do you spend time with anyone who uses drugs or drinks too much alcohol? No ___ Yes ___

Do you feel that no one in your family loves you or thinks that you are important or special? No ___ Yes ___

Add up your “Yes” answers: _____. This is your ACE Score.