

# THE ACES TEST

Take the test below to find out your ACEs score.

For each "Yes" answer, score one point. As your ACE score increases, so does the risk of disease and social and emotional problems.

An ACE score of 3 or more is considered high.

1. Before you were 18, 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. Before you were 18, 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. Before you were 18, 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. Before you were 18, 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. Before you were 18, 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 were your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Before you were 18, were your parents ever separated or divorced?
7. Before you were 18, was a parent often or very often pushed, grabbed, slapped, or had something thrown at him/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 by a domestic partner?
8. Before you were 18, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
9. Before you were 18, was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Before you were 18, did a household member go to prison?