| While you were growing up, during your first 18 years of life: | |
|---|---|
| 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 physic Yes No | ally hurt? If yes enter 1 |
| 2. Did a parent or other adult in the household often or very ofter Push, grab, slap, or throw something at you? or | 1 |
| 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 v Yes No | vith 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 Yes No | h 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, 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 it? | take you to the doctor if you needed |
| 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 wi Yes No | th a gun or knife? If yes enter 1 |
| 8. Did you live with anyone who was a problem drinker or alcoholic Yes No | c or who used street drugs? If yes enter 1 |
| 9. Was a household member depressed or mentally ill, or did a ho Yes No | usehold member attempt suicide? 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 y | our ACE Score. |