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| **Adverse Childhood Experiences (ACEs)**The experiences we have early in our lives and particularly in our early childhoods have a huge impact on how we grow and develop, our physical and mental health, and our thoughts, feelings, and behaviour. Two important factors to think about when considering our mental wellbeing, are the quality of our attachment relationships and our experience of ACEs.**What are Adverse Childhood Experiences?**Adverse Childhood Experiences (ACEs) are “highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person’s safety, security, trust or bodily integrity.” (Young Minds, 2018).**Impact of ACEs**Experiencing ACEs can have an impact on our future physical and mental health, and often ACEs can be barriers to healthy attachment relationships forming for children.Higher scores indicate increased exposure to trauma, which have been associated with a greater risk of negative consequences |  | Adverse childhood experience (ACE) FORM**Child’s name:**Date of Birth:Name of worker: Date form completed:Finding Your ACE SCOREThe ACE questionnaire is a simple scoring system that attributes one point for each category of adverse childhood experience. The 10 questions below each cover a different domain of trauma and refer to experiences that occurred prior to the age of 18. While there were growing up, during their first 18 years of life:

|  |  |
| --- | --- |
| **1** | Did a parent or other adult in the household often or very often… Swear at, insult, put down, or humiliate them? or Act in a way that made them afraid that they might be physically hurt? |
| **2** | Did a parent or other adult in the household often or very often… Push, grab, slap, or throw something at them? or Ever hit them so hard that they had marks or were injured?  |
| **3** | Did an adult or person at least five years older than them ever… Touch or fondle them or have them touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with them?  |
| **4** | Did they often or very often feel that… No one in their family loved them or thought they were important or special? or Their family didn’t look out for each other, feel close to each other, or support each other? |
| **5** | Did they often or very often feel that … They didn’t have enough to eat, had to wear dirty clothes, and had no one to protect them? or Their parents were too drunk or high to take care of them or take the to the doctor if you needed it? |
| **6** | Were their parents ever separated or divorced? |
| **7** | Was their 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?  |
| **8** | Did they live with anyone who was a problem drinker or alcoholic or who used street drugs? |
| **9** | Was a household member depressed or mentally ill, or did a household member attempt suicide? |
| **10** | Did a household member go to prison? |

SCORE

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ACE** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Yes** |  |  |  |  |  |  |  |  |  |  |
| **No** |  |  |  |  |  |  |  |  |  |  |
| **Total number of ACEs** |  |

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SCORE

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ACE** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Yes** |  |  |  |  |  |  |  |  |  |  |
| **No** |  |  |  |  |  |  |  |  |  |  |
| **Total number of ACEs** |  |

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