

Adverse Childhood Experiences

Before the age of 18, did you **often** experience any of the following from any member of the household:

Please circle all that apply

- 1) Swearing, insulting and/or humiliation? (Emotional Abuse)
- 2) Pushing, grabbing, slapping and/or leaving marks on you? (Physical Abuse)
- 3) Did a person at least 5 years older touch, fondle or approach you in a sexual way? Did they attempt to have oral, anal or vaginal intercourse with you? (Sexual Abuse)
- 4) Did you feel that your family loved you or thought you were important? Did your family look out for you and support you? (Emotional Neglect)
- 5) Did you have enough to eat? Did you have to wear dirty clothes? Did you feel like you had no one to protect you? (Physical Neglect)
- 6) Did you live with anyone who was a problem drinker and/or used street drugs? Were your parents drunk and/or high and unable to take care of you?
- 7) Was a biological parent lost to you through divorce, abandonment or any other reason?
- 8) Was your mother or stepmother pushed, slapped or have things thrown at her? Was she kicked, bitten, hit with a fist or threatened with a gun or knife?
- 9) Was a household member suffer from depression, mental illness or attempt/commit suicide?
- 10) Did a family member go to prison?