

10 ACES – Adverse Childhood Experiences

All ACE questions refer to the respondent's first 18 years of life.

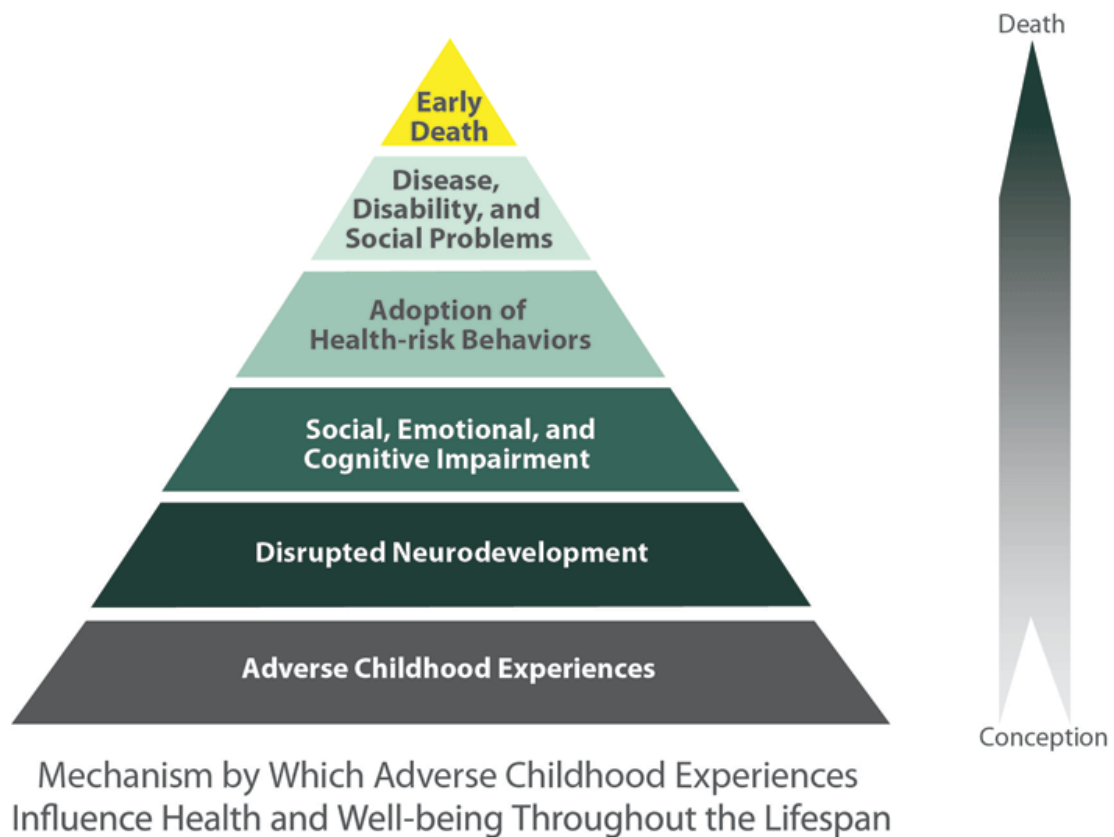
- Abuse
 - **Emotional abuse:** A parent, stepparent, or adult living in your home swore at you, insulted you, put you down, or acted in a way that made you afraid that you might be physically hurt.
 - **Physical abuse:** A parent, stepparent, or adult living in your home pushed, grabbed, slapped, threw something at you, or hit you so hard that you had marks or were injured.
 - **Sexual abuse:** An adult, relative, family friend, or stranger who was at least 5 years older than you ever touched or fondled your body in a sexual way, made you touch his/her body in a sexual way, attempted to have any type of sexual intercourse with you.
- Household Challenges
 - **Mother treated violently:** Your mother or stepmother was pushed, grabbed, slapped, had something thrown at her, kicked, bitten, hit with a fist, hit with something hard, repeatedly hit for over at least a few minutes, or ever threatened or hurt by a knife or gun by your father (or stepfather) or mother's boyfriend.
 - **Household substance abuse:** A household member was a problem drinker or alcoholic or a household member used street drugs.
 - **Mental illness in household:** A household member was depressed or mentally ill or a household member attempted suicide.
 - **Parental separation or divorce:** Your parents were ever separated or divorced.
 - **Criminal household member:** A household member went to prison.
- Neglect¹
 - **Emotional neglect:** Someone in your family helped you feel important or special, you felt loved, people in your family looked out for each other and felt close to each other, and your family was a source of strength and support.²
 - **Physical neglect:** There was someone to take care of you, protect you, and take you to the doctor if you needed it², you didn't have enough to eat, your parents were too drunk or too high to take care of you, and you had to wear dirty clothes.

¹Collected during Wave 2 only.

² Items were reverse-scored to reflect the framing of the question.

ACE Pyramid

The ACE Pyramid represents the conceptual framework for the ACE Study. The ACE Study has uncovered how ACEs are strongly related to development of risk factors for disease, and well-being throughout the life course.



<http://www.cdc.gov/violenceprevention/acestudy/about.html>