

Name _____
Grade _____

Date _____
Section _____

What are ACEs? Handout

The 10 ACEs (Adverse Childhood Experiences)

1. Parents divorced or separated?
2. Physical abuse?
3. Physical neglect?
4. Emotional abuse?
5. Emotional neglect?
6. Sexual abuse?
7. Witnessed domestic violence?
8. Substance abuse in the household?
9. Mental illness in the household?
10. Family member in prison?

11. Witness Violence—How often, if ever, did you see or hear someone being beaten up, stabbed or shot in real life?
12. Felt Discrimination—While you were growing up, how often did you feel that you were treated badly or unfairly because of your race or ethnicity?
13. Adverse Neighborhood Experiences—Did you feel safe in your neighborhood? Did you feel that people in your neighborhood looked out for each other, stood up for each other, and could be trusted?
14. Bullied—How often were you bullied by a peer or classmate?
15. Lived in Foster Care—Were you ever in foster care?

