



## Expanded Adverse Childhood Experiences Checklist

Researchers now recognize there are many other categories that qualify as ACEs. The second ACEs checklist looks at additional types of adversity in childhood that can have an effect on your long-term mental and physical health:

- Growing up in poverty or with excessive financial worries
- Growing up in a violent neighborhood
- Losing a close family member or friend to death
- Facing chronic bullying by a sibling or at school/by peers
- Facing medical trauma as a child
- Growing up with a parent, caregiver, or sibling who faced serious or chronic medical issues/chronic illness
- Being separated from your parent or caregiver for weeks or months, including adoption, or being in foster care
- Facing racism or discrimination
- Growing up with poor housing quality or attending substandard schools
- Facing an environmental crisis or disaster such as earthquakes, wildfires, or a pandemic

**As you consider the expanded ACEs checklist, what category felt most emotionally charged for you?**

Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please place a checkmark next to each ACE category that you experienced prior to your 18th birthday. Then, please add up the number of categories of ACEs you experienced and put the total number at the bottom.

- 1. Physical neglect** Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
- 2. Loss of a Parent** Did you lose a parent through divorce, abandonment, death, or other reason?
- 3. Parent with Mental Illness** Did you live with anyone who was depressed, mentally ill, or attempted suicide?
- 4. Parent with Addiction in Home** Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?
- 5. Witnessing Parents Be Abused** Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?



- 6. Incarcerated Family Member** Did you live with anyone who went to jail or prison?
- 7. Emotional Abuse** Did a parent or adult in your home ever swear at you, insult you, or put you down?
- 8. Physical Abuse** Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in anyway?
- 9. Emotional Neglect** Did you feel that no one in your family loved you or thought you were special?
- 10. Sexual Abuse** Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?

**Your ACE score is the total number of checked responses \_\_\_\_\_**