

Center for Youth Wellness (CYW) Adverse Childhood Experiences Questionnaire (ACE-Q) Self-Report

Many children experience stressful life events that can affect their health and development. Please read the statements below.

**Of the statements below, HOW MANY apply to you? Write the total number in the box.**

**At any point before the age of 18...**

- Your parents or guardians were separated or divorced
- You lived with a household member who served time in jail or prison
- You lived with a household member who was depressed, mentally ill, or attempted suicide
- You saw or heard household members hurt or threaten to hurt each other
- A household member swore at, insulted, humiliated, or put you down in a way that scared you OR a household member acted in a way that made you afraid that you would be physically hurt
- Someone touched your private parts or asked you to touch their private parts in a sexual way that was unwanted, against your will, or made you feel uncomfortable
- More than once, you went without food, clothing, a place to live, or had no one to protect you
- Someone pushed, grabbed, slapped, or threw something at you OR you were hit so hard that you were injured or had marks
- You lived with someone who had a problem with drinking or using drugs
- You often felt unsupported, unloved, and/or unprotected

Please indicate how many of the statements above applied to you:

More information available: <http://www.centerforyouthwellness.org/>  
<https://www.acesconnection.com/> <https://acestoohigh.com/> <https://www.stresshealth.org/>

## PROMOTING HEALTH AND WELLNESS

*SFLinksConnect: Building Healthy Communities Together*, is the San Francisco Links signature preventive health and wellness campaign building healthy communities in partnership with community organizations and service providers serving San Franciscans. We have partnered with CYW to deliver health advocacy programs as it relates to raising awareness and interventions for ACEs and Toxic Stress.

<http://www.sanfranciscolinks.org>



# ADVERSE CHILDHOOD EXPERIENCES (ACEs)

## DID YOU KNOW THAT ADVERSE CHILDHOOD EXPERIENCES CAN BE HARMFUL TO YOUR CHILD'S HEALTH?

- Adverse Childhood Experiences (ACEs) can cause harm to a child's developing brain and body, influence behavior and learning, and lead to overall health problems.
- These long term changes, in the absence of a supportive caregiver, are called **toxic stress**.
- Everyone is built differently. Some need more support than others.

The three types of ACEs include

| ABUSE  | NEGLECT  | HOUSEHOLD DYSFUNCTION   |   |
|--|--|---|---|
| <br>Physical   | <br>Physical   | <br>Mental Illness            | <br>Incarcerated Relative |
| <br>Emotional | <br>Emotional | <br>Mother treated violently | <br>Substance Abuse      |
| <br>Sexual    |  | <br>Divorce                  |   |

Adverse Childhood Experiences as identified in the ACEs study are listed below:

- Parental separation or divorce
- Incarcerated household member
- Domestic violence
- Living with someone who is chronically depressed, institutionalized, or suicidal
- Alcohol/drug abuser in the home
- Sexual abuse
- Emotional abuse
- Physical abuse
- Physical neglect
- Emotional neglect

In addition we believe these things can lead to toxic stress:

- Life threatening illness/injury
- Guardian death
- Community violence
- Homelessness, foster care/CPS involvement

## HEALTH BEGINS WITH HOPE!

People can cope with challenging events in their lives by creating a circle of wellness that includes caring support systems, exercise, good nutrition and regular medical care.