

## Adverse Childhood Experience (ACEs)

Difficult things happen to many people during childhood. We know that can affect a people's overall happiness and health as adults. I have some questions for you about your childhood experiences. Your answers could help us better assist you during your pregnancy. For example, there may be some community resources are available to help in certain situations. We ask everyone these questions and there are no right or wrong answers. It's fine if you need to skip a question. Please ask if something is unclear.

*Prior to your 18th birthday:*

Items	Yes	No
Did a parent or other adult in the household often or very often...  Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?		
Did a parent or other adult in the household often or very often...  Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?		
Did an adult or person at least 5 years older than you ever...  Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?		
Did you often or very often feel that ...  No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?		
Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?		
Were your parents ever split up, separated or divorced?		

<p>Was your mother, stepmother or main female caregiver:</p> <p>Often or very often pushed, grabbed, slapped, or had something thrown at her? or</p> <p>Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or</p> <p>Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?</p>		
<p>Did you live with anyone who was a problem drinker or an alcoholic or</p> <p>who used abused drugs?</p>		
<p>Was a household member depressed or mentally ill, or did a household member attempt suicide?</p>		
<p>Did a household member go to prison?</p>		
<p>Did you see or hear someone being beaten up, stabbed, or shot in real life?</p>		

**Total Number of "Yes" Responses:** \_\_\_\_\_ . **This is your ACE score.**

## Adult Resilience

As adults, we all have different strengths that can help us through both good and bad times. I have some questions for you about some of your strengths and some strengths you may want to develop. We ask everyone these questions and there are no right or wrong answers. It's fine if you need to skip a question. Please ask if something is unclear.

Items	Yes	Sometimes	Not Yet
<b>Relationships</b>			
I have good friends who support me			
I have a mentor or someone who shows me the way			
I provide support to others			
I am empathetic to others			
I trust my close friends			
<b>Internal Beliefs</b>			
My role as a caregiver is important			
I have personal strengths			
I am creative			
I have strong beliefs			
I am hopeful about the future			
I am lovable			
<b>Initiative</b>			
I communicate effectively with those around me			
I try many different ways to solve a problem			
I have a hobby that I engage in			
I seek out new knowledge			
I am open to new ideas			
I laugh often			
I am able to say no			
I can ask for help			
<b>Self-Control</b>			
I express my emotions			
I set limits for myself			
I am flexible			
I can calm myself down			

## Protective Childhood Experiences (PCE)

During childhood different things can support us in difficult times. I have some questions for you about those things. We ask everyone these questions and there are no right or wrong answers. It's fine if you need to skip a question. Please ask if something is unclear.

*When you were growing up, during your first 18 years of life...*

Item	Yes	No
Did you have at least one caregiver who you felt safe with?		
Did you have at least one good friend?		
Did you have beliefs that gave you comfort?		
Did you like school?		
Did you have at least one teacher that cared about you?		
Did you have good neighbors?		
Was there an adult (not a parent/caregiver or the person from #1) who could provide you with support or advice?		
Did you have opportunities to have a good time?		
Did you like yourself or feel comfortable with yourself?		
Did you have a predictable home routine, like regular meals and a regular bedtime?		

Now count up your "Yes" answers: \_\_\_\_\_ This is your Protective Childhood Experiences Score