

HOW MANY ACES?

Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. 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?

☐ **Yes**

☐ **No**

2. 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?

☐ **Yes**

☐ **No**

3. 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?

☐ **Yes**

☐ **No**

4. 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?

☐ **Yes**

☐ **No**

5. 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?

☐ **Yes**

☐ **No**

Were your parents ever separated or divorced?

☐ **Yes**

☐ **No**

7. Was your mother or stepmother. . .

Often or very often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?

or

Ever repeatedly hit at least a few minutes or threatened with a gun or knife?

☐ **Yes**

☐ **No**

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

☐ **Yes**

☐ **No**

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

☐ **Yes**

☐ **No**

10. Did a household member go to prison?

☐ **Yes**

☐ **No**

NOW ADD UP YOUR "YES" ANSWERS:

THIS IS YOUR ACE SCORE.

TRAUMA 101

One in four women suffer from the effects of trauma. As women, there are many indicators of trauma. Here, we give you 10 signs to recognize trauma in your life.

The most common trauma for women is sexual assault or child sexual abuse. One in three women will experience a sexual assault.

Through our work we have discovered how trauma, both present and historical, can have disturbing effects on the health and welfare of woman and girls. Did you know: women who are battered suffer from trauma have more physical ailments, mental health issues, and are less likely to practice safe sex?

We encourage you to learn more about Post Traumatic Stress Disorder, a condition commonly linked to trauma. Read more about **Sister Circles**, Sisterhood Agenda's trauma-informed gatherings for support.

Recognizing trauma is the key to healing and recovery to live a life full of endless possibilities. Ten signs to recognize trauma:

1. Understand that trauma is unique to each person.
2. Trauma comes in many forms and sometimes they overlap.
3. Look at your relationships.
4. Trauma affects our health.
5. Trauma affects eating behavior.
6. Traumatized women and girls often suffer from Post Traumatic Stress Disorder (PTSD).
7. Substance abuse is a widespread response to trauma.
8. Are you addicted?
9. Are you depressed?
10. Are you having trouble getting better?