

## Adverse Childhood Experiences (ACES)

Throughout our program, we will explore the childhood experiences of the inmates and the role models they had growing up. Research shows that ACEs significantly affect adult life. Inmates often have endured multiple traumatic experiences in their youth, contributing to behaviors and choices that led them to prison.

Here is the ACEs questionnaire for you to reflect on your own childhood:

- \_\_\_\_\_ 1. Did a parent or adult in your home ever swear at you, insult you, or put you down?
- \_\_\_\_\_ 2. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
- \_\_\_\_\_ 3. Did your parents-adults in your home ever hit, punch, beat, or threaten to harm each other?
- \_\_\_\_\_ 4. Did you feel that no one in your family loved you or thought you were special?
- \_\_\_\_\_ 5. Did you feel that you did not have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
- \_\_\_\_\_ 6. Did you lose a parent through divorce, abandonment, death, or other reason?
- \_\_\_\_\_ 7. Did you live with anyone who was depressed, mentally ill, or attempted suicide?
- \_\_\_\_\_ 8. Did you live with anyone who had a problem with drinking, drugs, or prescription drugs?
- \_\_\_\_\_ 9. Did you live with anyone who went to jail or prison?
- \_\_\_\_\_ 10. Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal penetration)?
- \_\_\_\_\_ **Your ACES score is the total number of boxes checked.**

**Research shows that individuals with four or more ACEs are at a significantly higher risk of:**

- 2 times more likely to smoke – 6 times more likely to have had or caused unintended teen pregnancy.*
- 7 times more likely to abuse alcohol – **10 times** more likely to use illicit drugs.*
- 12 times more likely to attempt suicide – **15 times** more likely to commit violence against someone.*
- 20 times** more likely to be incarcerated at some point – 30 times more likely to die by suicide.*

Malachi Dads equips inmates to transform their lives by replacing harmful learned behaviors with Godly principles. This empowerment helps them break free from destructive cycles and embrace their potential to live as Kingdom Men, grounded in faith and purpose.