10 Experiences Children Need to Prevent Risk and Promote Resilience: The PACEs (Protective and Compensatory Experiences)

1. Did you have someone who loved you unconditionally (you did not doubt that they cared about you)?
   Yes _______

2. Did you have at least one best friend (someone you could trust and had fun with)?
   Yes _______

3. Did you do anything regularly to help others (e.g., volunteer at a hospital, nursing home, church) or do special projects in the community to help others (food drives, Habitat for Humanity)?
   Yes _______

4. Were you regularly involved in organized sports groups (e.g., soccer basketball, track, or other physical activity (e.g., competitive cheer, gymnastics, dance, marching band)?
   Yes _______

5. Were you an active member of at least one civic group or a non-sport social group such as scouts, church, or youth group?
   Yes _______

6. Did you have an engaging hobby — an artistic or intellectual pastime either alone or in a group (e.g., chess club, debate team, musical instrument or vocal group, theater, spelling bee or reading a lot)?
   Yes _______

7. Was there an adult (not a parent) you could trust and could count on when you need help or advice (e.g., coach, teacher, minister, neighbor, relative)?
   Yes _______

8. Was your home typically clean AND safe with enough food to eat?
   Yes _______

9. Overall, did your school provide the resources and academic experiences that you needed to learn?
   Yes _______

10. In your home, were rules are clear and fairly administered?
    Yes _______

   Now add up your “yes” answers: ________________ This is your PACE score.