

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 clear and fairly administered? Yes _____

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

Morris, Hays-Grudo, et al. (2014). *Protecting parents and children from adverse childhood experiences (ACEs): Preliminary evidence for the validity of the PACEs*. Paper presented at the Society for Research in Child Development Special Topic Meeting: New Conceptualizations in the Study of Parenting-At-Risk, San Diego, CA.