

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

1. A caregiver who loves them unconditionally. They do not doubt that they are cared about, no matter what.
2. At least one best friend. Someone they can trust and have fun with.
3. Regular opportunities to help others (e.g., volunteer at a hospital, nursing home, church) or participate in special projects in the community to help others (food drives, Habitat for Humanity).
4. Regular involvement in organized sports groups (e.g., soccer, basketball, track) or other physical activity (e.g., competitive cheer, gymnastics, dance, marching band).
5. Active membership in at least one civic group or a non-sport social group such as scouts, church, or youth group.
6. 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).
7. An adult (not a parent) they can trust and can count on when they need help or advice (e.g., coach, teacher, minister, neighbor, relative).
8. A home that is typically clean AND safe with enough food to eat.
9. A school that provides the resources and academic experiences children need to learn.
10. A home where rules are clear and fairly administered.

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.

When you were growing up, prior to your 18th birthday:

- | | | |
|---|-----|----|
| 1. Did you have someone who loved you unconditionally (you did not doubt that they cared about you)? | YES | NO |
| 2. Did you have at least one best friend (someone you could trust, had fun with)? | YES | NO |
| 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 | NO |
| 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 | NO |
| 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 | NO |
| 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 did you read a lot)? | YES | NO |
| 7. Was there an adult (not your parent) you trusted and could count on when you needed help or advice (e.g., coach, teacher, minister, neighbor, relative)? | YES | NO |
| 8. Was your home typically clean AND safe with enough food to eat? | YES | NO |
| 9. Overall, did your schools provide the resources and academic experiences you needed to learn? | YES | NO |
| 10. In your home, were there rules that were clear and fairly administered? | YES | NO |

Please answer the following questions about your child:

- | | | |
|---|-----|----|
| 1. Does your child have someone who loves him/her unconditionally (s/he does not doubt that they are cared for)? | YES | NO |
| 2. Does your child have at least one best friend (someone s/he can trust, have fun with)? | YES | NO |
| 3. Does your child 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 | NO |
| 4. Is your child regularly involved in organized sports groups (e.g., soccer, basketball, track) or other physical activity (e.g., competitive cheer, gymnastics, dance, marching band)? | YES | NO |
| 5. Is your child an active member of at least one civic group or a non-sport social group such as scouts, church, or youth group? | YES | NO |
| 6. Does your child 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 does s/he read a lot)? | YES | NO |
| 7. Is there an adult (not your parent) your child trusts and can count on when s/he needs help or advice (e.g., coach, teacher, minister, neighbor, relative)? | YES | NO |
| 8. Is your home typically clean AND safe with enough food to eat? | YES | NO |
| 9. Overall, does your child's school provide the resources and academic experiences s/he needs to learn? | YES | NO |
| 10. In your home, are there rules that are clear and fairly administered? | YES | NO |

Please answer the following questions about yourself:

- | | | |
|---|-----|----|
| 1. Do you have someone who loves you unconditionally (you do not doubt that they care about you)? | YES | NO |
| 2. Do you have at least one best friend (someone you can trust, have fun with)? | YES | NO |
| 3. Do 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 | NO |
| 4. Are 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 | NO |
| 5. Are you an active member of at least one civic group or a non-sport social group such as scouts, church, or youth group? | YES | NO |
| 6. Do 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 do you read a lot)? | YES | NO |
| 7. Is there an adult (not your parent) you trust and can count on when you need help or advice (e.g., coach, teacher, minister, neighbor, relative)? | YES | NO |
| 8. Is your home typically clean AND safe with enough food to eat? | YES | NO |
| 9. Overall, does your school provide the resources and academic experiences you need to learn? | YES | NO |
| 10. In your home, are there rules that are clear and fairly administered? | YES | NO |