Protective and Compensatory Experiences (PACEs)

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