

Facilitating Sexual Risk Avoidance Education with Excellence



PRESENTED: September 2020



PACEs

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

YES

1	Did you have someone who loved you unconditionally (you did not doubt that they cared about you)?	<input type="checkbox"/>
2	Did you have at least one best friend (someone you could trust and have fun with)?	<input type="checkbox"/>
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)?	<input type="checkbox"/>
4	Were you regularly involved in organized sports or other physical activities (e.g., soccer, basketball, track, competitive cheer, gymnastics, dance, or marching band)?	<input type="checkbox"/>
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?	<input type="checkbox"/>

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PACEs

(Continued)

	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)?	<input type="radio"/>
7 Was there an adult (not a parent) you could trust and count on when you needed help or advice (e.g., coach, teacher, minister, neighbor, relative)?	<input type="radio"/>
8 Was your home typically clean AND safe with enough food to eat?	<input type="radio"/>
9 Overall, did your school provide the resources and academic experiences you needed to learn?	<input type="radio"/>
10 In your home, were rules clear and fairly administered?	<input type="radio"/>

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

CITATIONS

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.