



## Positive Childhood Experiences (PCEs)

### Instructions:

The next questions refer to the time-period before you were 18 years of age.

Now, looking back before you were 18 years of age...

		Never	A little of the time	Some of the time	Most of the time	All of the time
1	For how much of your childhood was there an adult in your household who made you feel safe and protected? (This could be any adult in the household, not just a parent)	0	0	0	1	1
		Never	Rarely	Sometimes	Often	Very often
2	How often did you feel that you belonged at your high school? (If you attended multiple high schools, then respond about the high schools in general)	0	0	0	1	1
3	How often did you feel supported by your friends? (If some friends did/didn't, answer more about friends in general)	0	0	0	1	1
4	How often were there at least two adults, other than your parents, who took a genuine interest in you?	0	0	0	1	1
5	How often did you feel that you were able to talk to your family about your feelings?	0	0	0	1	1
6	How often did you enjoy participating in your community's traditions?	0	0	0	1	1
7	How often did you feel your family stood by you during difficult times? (If some family members did/didn't, answer more about family in general)	0	0	0	1	1

### Developer Reference:

Bethell, C., Jones, J., Gombojav, N., Linkenbach, J., & Sege, R. (2019). Positive childhood experiences and adult mental and relational health in a statewide sample: Associations across adverse childhood experiences levels. *JAMA Pediatrics*, 173(11), e193007. <https://doi.org/10.1001/jamapediatrics.2019.3007>

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