

Benevolent Childhood Experiences [BCE's] (Narayan et al., 2018)

To get a BCE score, the survey-taker is asked how many of these ten items he or she experienced before the age of 18. Would you respond "yes" or "no" to the prompt, "**Growing up, I had...**"

Item	YES	NO
1. At least one caregiver with whom you felt safe?		
2. At least one good friend		
3. Beliefs that gave you comfort		
4. Enjoyment at school		
5. At least one teacher that cared		
6. Good neighbours		
7. An adult (not a parent/ caregiver or the person from *1) who could provide you with support or advice		
8. Opportunities to have a good time		
9. Like yourself or feel comfortable with yourself		
10. Predictable home routine, like regular meals and a regular bedtime		
Total YES's = BCE Score		

Narayan, A. J., Rivera, L. M., Bernstein, R. E., Harris, W. W., & Lieberman, A. F. (2018). Positive childhood experiences predict less psychopathology and stress in pregnant women with childhood adversity: A pilot study of the benevolent childhood experiences (BCEs) scale. *Child abuse & neglect*, 78, 19-30.

Positive Childhood Experiences [PCE's] (Bethell et al., 2019)

The seven items on this PCE test include answering "yes" or "no" to a prompt, "Before the age of 18, I..."

Item	YES	NO
1. Was able to talk with the family about my feelings		
2. Felt that my family stood by me during difficult times		
3. Enjoyed participating in community traditions		
4. Felt a sense of belonging in high school		
5. Felt supported by friends		
6. Had at least two non-parent adults who took a genuine interest in me		
7. Felt safe and protected by an adult in my home		
Total YES's = BCE Score		

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-e193007.

7 PCEs + 10 BCEs = 17 Counter-ACEs (Bergland, 2019)

<https://www.psychologytoday.com/gb/blog/the-athletes-way/201909/17-item-checklist-geared-neutralize-early-life-distress>

RESILIENCE Questionnaire (Rains & Mclinn, 2013)

Please circle the most accurate answer under each statement:

1. I believe that my mother loved me when I was little.

Definitely true Probably true Not sure Probably Not True Definitely Not True

2. I believe that my father loved me when I was little.

Definitely true Probably true Not sure Probably Not True Definitely Not True

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.

Definitely true Probably true Not sure Probably Not True Definitely Not True

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

Definitely true Probably true Not sure Probably Not True Definitely Not True

6. When I was a child, neighbours or my friends' parents seemed to like me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

Definitely true Probably true Not sure Probably Not True Definitely Not True

8. Someone in my family cared about how I was doing in school.

Definitely true Probably true Not sure Probably Not True Definitely Not True

9. My family, neighbours and friends talked often about making our lives better.

Definitely true Probably true Not sure Probably Not True Definitely Not True

10. We had rules in our house and were expected to keep them.

Definitely true Probably true Not sure Probably Not True Definitely Not True

11. When I felt really bad, I could almost always find someone I trusted to talk to.

Definitely true Probably true Not sure Probably Not True Definitely Not True

12. As a youth, people noticed that I was capable and could get things done.

Definitely true Probably true Not sure Probably Not True Definitely Not True

13. I was independent and a go-getter.

Definitely true Probably true Not sure Probably Not True Definitely Not True

14. I believed that life is what you make it.

Definitely true Probably true Not sure Probably Not True Definitely Not True

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled "Definitely True" or "Probably True"?) _____

Of these circled, how many are still true for me? _____

Rains, M & McLinn, K (2013). Resilience Questionnaire. Southern Kennebec Healthy Start, Augusta, Maine www.jimfazioib.com/Resilience_Score_Questionnaire.pdf Accessed 12 Jan 2016.

Adverse Childhood Experience (ACE) Questionnaire Finding your ACE Score (Felitti et al, 1998)

While you were growing up, during your first 18 years of life:

Item	YES	NO
1. Did a parent or other adult in the household often ... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?		
2. Did a parent or other adult in the household often ... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?		
3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Try to or actually have oral, anal, or vaginal sex with you?		
4. Did you often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?		
5. Did you often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?		
6. Were your parents ever separated or divorced?		
7. Was your mother or stepmother: Often pushed, grabbed, slapped, or had something thrown at her? or Sometimes or often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?		
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?		
9. Was a household member depressed or mentally ill or did a household member attempt suicide?		
10. Did a household member go to prison?		
Number of YES's = TOTAL ACE Score		

Felitti VJ, Anda RF, Nordenberg D, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: the Adverse Childhood Experiences (ACE) Study. *Am J Prev Med.* 1998;14(4):245- 258.

Additional Victimization and Adversity Items Not Included in ACE Study

(Finklehor et al., 2013)

- Peer victimization (assault, physical intimidation, or emotional victimization by a non-sibling peer)
- Parents always arguing (respondents were asked whether there was a time in their lives when their parents were always arguing)
- Property victimization (experience of a robbery, theft, or vandalism by a non-sibling perpetrator)
- Someone close to the child had a bad accident or illness
- Exposure to community violence (6 screeners asked whether the child had been exposed to certain types of crime and violence, including witnessing an assault, experiencing a household theft, having someone close murdered, witnessing a murder, experiencing a riot, or being in a war zone)
- No good friends (child had no “really good friends at school” at the time of the interview)
- Below-average grades (parent reported that the child had “below-average” grades in school)
- Someone close to the child died because of an accident or illness
- Parent lost job (children reported that there was a time when their “mother, father, or guardian lost a job or couldn't find work”)
- Parent deployed to war zone (parent had to leave the country to fight in a war and was gone for several months or longer)
- Disaster (child had experienced a “very bad fire, flood, tornado, hurricane, earthquake, or other disaster”)
- Removed from family (child was “sent or taken away from his or her family for any reason”)
- Very overweight (parent reported that the child was “quite a bit overweight” compared with other boys/girls his or her age)
- Physical disability (parent reported that the child had been diagnosed with a “physical health or medical problem that affects the kinds of activities that he or she can do”)
- Ever involved in a bad accident
- Neighbourhood violence is a “big problem” (asked in the parent interview)
- Homelessness (a time when the child's family “had to live on a street or in a shelter because they had no other place to stay”)
- Repeated a grade
- Less masculine or feminine than other boys or girls his or her age (asked in the parent interview)

Finkelhor, D., Shattuck, A., Turner, H., & Hamby, S. (2013). Improving the adverse childhood experiences study scale. *JAMA pediatrics*, 167(1), 70-75.