

Positive Childhood Events (PCE)

During my childhood:

	No	Yes
1. I was able to talk openly to a family member(s) about feelings, and I felt heard, accepted, and supported.		
2. I believe that my family stood by me during difficult times.		
3. I felt safe and protected by an adult in my home.		
4. I felt supported by friends.		
5. I had a sense of belonging and connection with a larger group who “had my back” (school group, church group, club, neighborhood, etc.).		
6. I enjoyed participation in community traditions.		
7. I had a relationship with at least one non-parent adult who took genuine interest in me.		
Total Score: 1 point per “Yes”		

According to the report, the research team found that adults who endorsed **6-7 positive experiences in childhood** were associated with 72% lower odds of having depression or poor mental health as an adult, as compared to individuals who endorsed two or fewer PCEs.

Adults who endorsed **3-5 PCEs were 50% less likely** to experience depression or poor mental health as an adult.