



Benevolent Childhood Experiences (BCEs)

Instructions:

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

		Yes	No
1	Did you have at least one caregiver with whom you felt safe?	1	0
2	Did you have at least one good friend?	1	0
3	Did you have beliefs that gave you comfort?	1	0
4	Did you like school?	1	0
5	Did you have at least one teacher who cared about you?	1	0
6	Did you have good neighbours?	1	0
7	Was there an adult (not a parent/caregiver or the person from #1) who could provide you with support or advice?	1	0
8	Did you have opportunities to have a good time?	1	0
9	Did you like yourself or feel comfortable with yourself?	1	0
10	Did you have a predictable home routine, like regular meals and a regular bedtime?	1	0
11	Did you feel accepted for who you were?	1	0
12	Was there at least one adult who cared about your progress and achievements in school?	1	0
13	Were you usually able to get a good night's sleep?	1	0
14	Did you have access to food that was healthy and nutritious?	1	0
15	Did you have access to adequate medical care when you needed it?	1	0
16	Did you feel that you were treated fairly (e.g., in your family and community)?	1	0
17	Did you have adequate law enforcement in your community that made you feel safe?	1	0



		Yes	No
18	Did you have at least one person to teach you how to say 'No' to negative influences?	1	0
19	Did you regularly spend time outside in the sunshine or around nature?	1	0
20	Did you have something that you felt you were good at or that made you proud?	1	0

Developer Reference:

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 and Neglect*, 78, 19-30. <https://doi.org/10.1016/j.chiabu.2017.09.022>

Narayan, A. J., Merrick, J. S., Lane, A. S., & Larson, M. D. (2023). A multisystem, dimensional interplay of assets versus adversities: Revised benevolent childhood experiences (BCEs) in the context of childhood maltreatment, threat, and deprivation. *Development and Psychopathology*, 35(5), 2444-2463. <https://doi.org/10.1017/S0954579423000536>

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