

# Positive Childhood Experiences (PCEs)

# Positive Childhood Experiences (PCE) can:

Prevent

Protect against

Overcome ACEs

# Positive Childhood Experiences (PCEs)

- If you have a lot of positive childhood experiences, you are less likely to suffer the consequences of ACEs.
- It's important to have positive childhood experiences, no matter how much adversity you have in your life.

# Positive Childhood Experiences (PCEs)

- If you have no positive childhood experiences and few ACEs, the consequences of the ACEs are more likely to appear.
- Dose-response association between positive childhood experiences (PCEs) and consequences of ACEs.

# Positive Childhood Experiences (PCEs)

- Able to talk to your family about feelings
- Your family stood by you during difficult times
- Enjoy participating in community traditions
- Feel a sense of belonging in high school

# Positive Childhood Experiences (PCEs)

- Feel supported by friends
- Have at least two non-parent adults who took genuine interest in you
- Feel safe and protected by an adult in your home

# Protective Factors Against ACEs

- Safe, stable, and nurturing relationships
- Consistent family life where children are safe, taken care of, and supported
- Positive friendships and peer networks
- Doing well in school

# Protective Factors Against ACE

- Caring adults outside the family who serve as mentors/role models
- Basic needs of food, shelter, and health services for children are met
- Caregivers have college degrees or higher
- Caregivers have steady employment
- Strong social support networks
- Positive relationships with the people around them

# Protective Factors Against ACEs

- Engage in parental monitoring, supervision, and consistent enforcement of rule
- Adults work through conflicts peacefully
- Help children work through problems
- Engage in fun, positive activities together
- Emphasize the importance of school for children

# Community Protective Factors Against ACEs

- Economic and financial help
- Medical care and mental health services
- Safe and stable housing
- Nurturing and safe childcare
- High-quality preschool
- Safe and engaging after school programs/activities

# Community Protective Factors Against ACE - continued

- Work opportunities with family-friendly policies
- Strong partnerships between the community and business, health care, government, and other sectors
- Residents feel connected to each other and are involved in the community
- Violence is not tolerated or accepted