

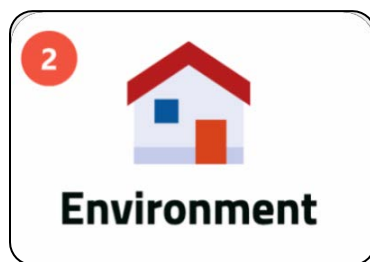
HOPE (Healthy Outcomes from Positive Experiences) includes 4 key Positive Childhood Experiences (PCEs) that buffer against the negative effects caused by Adverse Childhood Experiences (ACES).

**Nurturing, supportive relationships** are critical for kids to develop into healthy, resilient adults.



- Having parents/caregivers who respond to a child's needs and have warm, responsive interactions.
- Having adults outside of the family that take a genuine interest in a child and support their growth and development.
- Having healthy, close, and positive relationships with peers.

**Children who live, learn, and play in safe, stable, and equitable environments** are less likely to experience poor mental and physical health as adults.



- A safe, stable environment, secure in meeting a child's basic needs, including adequate food, shelter, and healthcare.
- A nurturing home where a child is emotionally secure.
- A stable school environment where children feel valued and receive high-quality education.
- A community to play and interact with other kids safely and equitably.

**Children need to feel connected to their communities, loved, and appreciated.** Involvement in social institutions and environments, awareness of cultural customs and traditions, and a cultivated "sense of mattering" and belonging helps children develop into secure and resilient adults.



- Being involved in projects, peer-mentoring, or community service through one's school, community or religious organization.
- Partaking in family cultural traditions.
- Participating in organized music, art, or sports.

**Children need opportunities for social and emotional development.**



- Developing a sense of emotional and behavioral self-regulation.
- Having the ability to respond to challenges in a productive manner.
- Developing key socially and culturally appropriate communication and interpersonal skills.