



Why Positive Childhood Experiences Matter

Studies show a "dose-response" relationship: the more PCEs a child has, the better their health outcomes as adults.

- **Mental Health:** Adults with 6–7 PCEs have a **72% lower likelihood** of depression or poor mental health compared to those with 0–2 PCEs.
- **Resilience:** Even for individuals who experienced high levels of trauma (ACEs), having a high number of PCEs can significantly reduce the risk of adult mental illness.
- **Physical Health:** High PCE scores are linked to lower rates of smoking, better overall physical health, and reduced chronic pain in children.

The Four "Building Blocks" of HOPE

The [HOPE \(Healthy Outcomes from Positive Experiences\)](#) framework categorizes PCEs into four essential areas:

1. **Relationships:** Safe and supportive connections with parents, peers, and other adults in their community and outside of their community. (i.e summer camps in different states)
2. **Environments:** Safe and stable places to live, learn, and play. (i.e Safe school environments, neighborhood watch teams and parent support groups)
3. **Engagement:** Opportunities for social and community connection. (i.e. sports clubs, extra-curricular activities and camps)
4. **Emotional Growth:** Support through difficult emotions and developing a sense of self in relationship to positive cultural experiences. (i.e Positive adults who improve their self-esteem of self and others).