

### Positive Childhood Experiences in HOPE Framework

Being in nurturing, supportive relationships\*



\* Protective Factors: Parental resilience and social connections, knowledge of parenting and child development

### Positive Childhood Experiences in HOPE Framework

Living, developing, playing, and learning in safe, stable, protective, and equitable environments\*



\* Protective factor: Concrete supports

### Positive Childhood Experiences in HOPE Framework

Having opportunities for constructive social engagement and to develop a sense of connectedness\*



\*Protective Factor: Social connections

### Positive Childhood Experiences in HOPE Framework

Learning social and emotional competencies\*



\*Protective Factor: Social and emotional competence

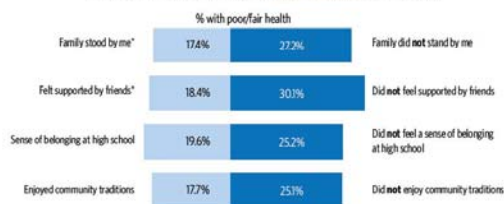


Positive experiences that greatly impact the outcomes for individuals with 4+ ACEs

- Feeling that your family stood by you in hard times
- Having someone to talk with about difficult feelings

### Factors That Moderate the Effects of More Than 3 ACEs on Adult Health

Adults with >3 ACEs AND selected positive childhood experiences had lower rates of poor/fair health. (\*=p<0.05)



### Additional Factors that Moderate ACES

- Excellent physical and mental health of the mother
- Protective home environments
- Having neighborhoods that are protective and safe



Family norms related to sharing meals, spending time together and parents participating in child's activities, limiting television and household exposure to smoke, etc.

### Share H.O.P.E.

#### Be The Change

- Ask students if they feel nurtured and supported at school
- Ask students if they feel connected
- Ask students if they feel like they belong
- Be someone to talk with about difficult feelings; ask for help if you don't know how

#### Carry the Conversation

- Evaluate your school through this lens:  
*Safe | Stable | Protective | Equitable*
- Capitalize on existing avenues for constructive social engagement
- Create expectations for each other
- Offer professional development
- Share results

### Positive Parental Attributes (And how we can help parents build them)

- Parents who can discuss things that matter
  - *Having someone to talk with about difficult feelings*
- Parents who participate in their child's activities and know their child's friends
  - *Feeling that your family stood by you in hard times too*
- Parents who can manage their own stress about parenting



### Parents who can discuss things that matter

*Having someone to talk with about difficult feelings*



Why is this hard?

What are the obstacles to making it happen?

Strategies that work?

### Parents who participate in their child's activities and know their child's friends

- *Feeling that your family stood by you in hard times too*



- Why is this hard?
- What are the obstacles to making it happen?
- Strategies that work?

### Parents who can manage their own stress about parenting



- Why is this hard?
- What are the obstacles to making it happen?
- Strategies that work?

## What do Protective Factors Protect You From?



## BEING OVERWHELMED BY STRESS!



April is Child Abuse Prevention Month, a time to celebrate the good things our communities do to promote healthy child development and prevention of child abuse and neglect.



Paint your thumb nail blue, take, and post a picture on Facebook, Instagram, or Twitter to help start the conversation about how to make #greatchildhoods possible for all children. Challenge your friends and colleagues to do it too!

**#ThumbsUp4IdahoKids**