

# Positive Childhood Experiences

PCEs are experiences that help children learn to trust others even when life is difficult or uncertain. Studies show that children who experience high numbers of PCEs are less likely to suffer from adult depression and/or poor mental health, and are more likely to get social and emotional support they need as an adult.

**Talk to family about my feelings**



**Rely on family during difficult times**



**Participate in community traditions**



**Feel a sense of belonging in school**



**Support from friends**



**Support from at least 2 non-parental adults**



**Feel protected by an adult at home**

