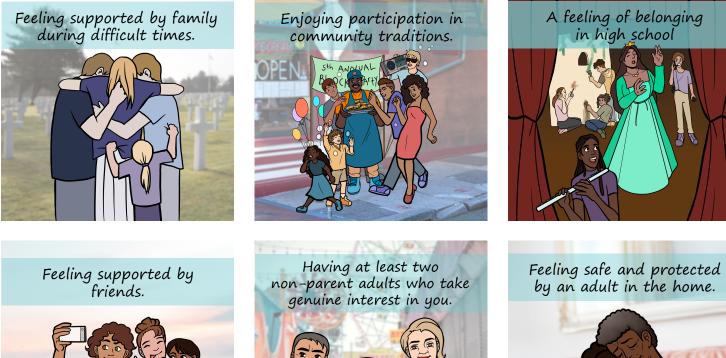
## Identifying Positive Childhood Experiences



Feeling like you can talk about feelings with family.

Positive childhood experiences (PCEs) are protective and compensatory encounters that increase resilience and shield against risk for mental and physical illness.

Research shows that adults reporting high numbers of PCEs were 72% less likely to experience depression and/or poor mental health and were 3.5 times more likely to get the social and emotional support they needed as an adult.









Bethell, C., Jones, J., Gombojav, N., Linkenbach, J., & Sege, R. (2019). Positive childhood experiences and adult mental health and relational health in a statewide sample JAMA Pediatr., 173(11), e193007. https://doi.org/10.1001/jamapediatrics.2019.3007