

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.

Feeling supported by family during difficult times.



Enjoying participation in community traditions.



A feeling of belonging in high school



Feeling supported by friends.



Having at least two non-parent adults who take genuine interest in you.



Feeling safe and protected by an adult in the home.



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>

OfficeofResilience@dcf.nj.gov