

THE IMPORTANCE OF CONNECTEDNESS & BELONGING

Positive childhood experiences (PCEs) include feeling safe, supported, and listened to at home; having a sense of school belonging and friend support; participating in community traditions; and having 2+ invested non-parental adults (Bethell et al., 2019).

6+ PCEs are associated with better mental health and well-being for youth with and without adverse childhood experiences

PCEs are associated with:

- ↓ fewer depressive symptoms
- ↑ greater overall mental well-being
- ↑ more life satisfaction

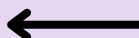
6+ PCEs means having positive social experiences:

-  at home
-  in school
-  with peers
-  in the community

SO WHAT CAN WE DO?

Collectively **address social and systemic factors** to promote PCEs and lessen the impact of adverse childhood experiences

Increase social connection and **support in a variety of settings**



Samji, H., Long, D., Herring, J., Correia, R., & Maloney, J., (2024). Positive childhood experiences serve as protective factors for mental health in pandemic-era youth with adverse childhood experiences. *Child Abuse & Neglect*. <https://doi-org.proxy.lib.sfu.ca/10.1016/j.chiabu.2024.106640>

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

THE CURRENT STATUS

The Youth Development Instrument (YDI) asked over 17,000 youth across BC about factors related to health and well-being, including PCEs. This is what we heard:

90%

feel safe at home

31%

have an adult at home to talk to about their problems

83%

feel like they have family support during difficult times

71%

feel supported by friends

64%

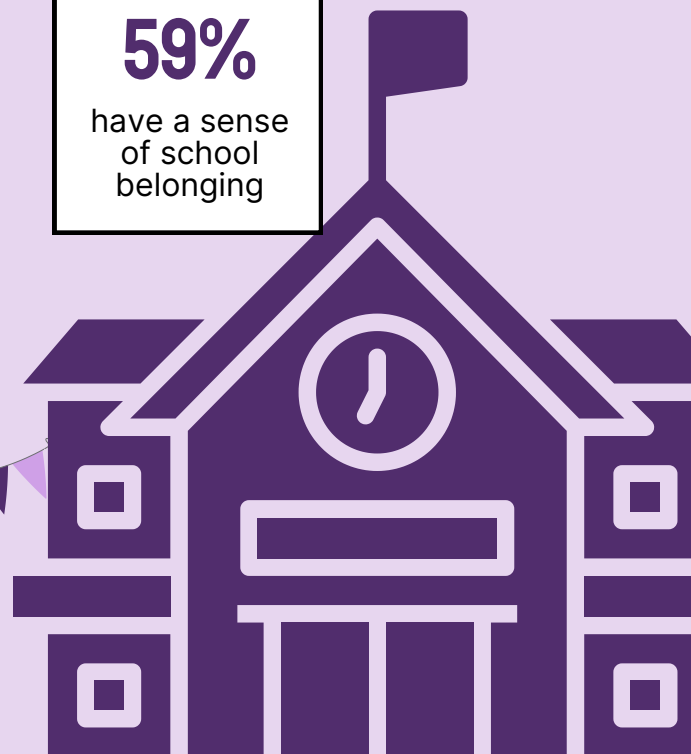
have two invested non-parental adults

59%

have a sense of school belonging

43%

enjoy participating in community traditions



Together we can support young people across our school communities