

# Positive Childhood Experiences, Prevention, & Protective Factors

## Positive Childhood Experiences:

Opportunities and advantages in childhood that increase the likelihood of healthy development

(Bethell, Jones, Gombojav, Linkenbach, & Sege, 2019)

## The Positive Childhood Experiences Score includes:

- Felt able to talk to their family about their feelings
- Felt their family stood by them during difficult times
- Enjoyed participating in community traditions
- Felt a sense of belonging in high school
- Felt supported by friends
- Had at least 2 non-parent adults who took genuine interest in them
- Felt safe and protected by an adult in their home



## Preventing ACEs:

Strategies to support children and caregivers to improve immediate outcomes and associated health effects across the lifespan

## The CDC suggests that these strategies may prevent Adverse Childhood Experiences (ACEs):

- Strengthening economic supports for families
- Promoting social norms that protect against violence and adversity
- Ensuring a strong start for children and paving the way for them to reach their full potential
- Teaching skills to help parents and youth handle stress, manage emotions, and tackle everyday challenges
- Connecting youth to caring adults and activities
- Intervening to lessen immediate and long-term harms



(CDC 2019)

## Protective Factors:

Characteristics and resources that may mitigate the effects of adversity and promote resilience

Can occur at the  
-individual level  
-community level  
-societal level

## In addition to the stable and supportive relationships that occur throughout positive childhood experiences, protective factors can include resources such as...

- after school programs
- community events
- faith-based connection
- sports and other team activities
- social emotional skill development
- stable housing and food security



# Positive Childhood Experiences & Delaware Youth



2019 DSS

More than 81% of DE 5th, 8th, and 11th grade students reported that their parents give them a lot of support and encouragement.



2017 YRBS

Approximately 69% of DE high school students said that they can always, or almost always, count on their parents.



2019 DSS

69% of DE 5th graders would talk to their parents about a personal problem.



2017 YRBS

About 54% of DE middle school students said they always or almost always spend time doing something fun with their parents.



2019 DSS

About 31% of DE 8th and 11th students reported having 2 or more non-parent adults that give them a lot of support and encouragement.



2019 DSS

84% of 5th grade children in DE reported participating in an organized activities outside of regular school hours.



2019 DSS

More than 44% of DE 5th, 8th, and 11th grade students said that their teachers give them a lot of support and encouragement.



2019 DSS

69% and 70% of DE 8th graders and 11th graders (respectively) said that their friends give them a lot of support and encouragement.