

What Are PCEs?

Building a Strong Foundation for Wellbeing



Positive Childhood Experiences (PCEs) occur when a child has positive relationships in nurturing home, school, and community environments that foster their ability to thrive.

PCEs Include:

- The ability to talk with family about feelings.
- The sense that family is supportive during difficult times.
- The enjoyment of participation in community traditions.
- Feeling a sense of belonging in school.
- Feeling supported by friends.
- Having at least two non-parent adults who genuinely care.
- Feeling safe and protected by an adult in the home.



Positive Outcomes

Research shows that the **more PCEs children have, the less likely they are to experience mental health challenges later in life.**

Schools have an opportunity to increase a child's PCEs by fostering safe and nurturing environments and helping students develop the social and emotional skills needed to build and maintain positive relationships.

Reference: 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 Pediatr.* 173(11).

