



Positive childhood experiences that shape mental health in adults

Positive childhood experiences mitigate the effects of ACEs, buffer against toxic stress experiences and promote healing and recovery.

Research findings demonstrate that positive childhood experiences have a cumulative effect on life-long mental health outcomes. These positive experiences are:



Ability to talk
with family
about feelings



Felt experience
that family is
supportive in
difficult times



Feeling of
belonging in
school



Feeling of being
supported by
friends



Having at least
two non-parent
adults who take
genuine interest in
them and care



Feeling safe and
protected by an
adult at home



Enjoyment in
participation in
community traditions