


# We can *all* create Positive Childhood Experiences (*PCEs*) for our kids

The impacts of adversity on children and teens can be reduced with positive experiences we create for them. Nurturing relationships, meaningful activities, and building skills to cope with challenges and tough times are important in helping people live beyond adversity. Whether you're that auntie, grandpa, mentor, teacher, or coach — we all play a role, and it's never too late to help. Here's how you can start:



Promote safe, stable, and supportive relationships within the family and with caring adults in the community.

Share time together. Shoot hoops, listen to music, read a book, prepare a meal, play a game. Above all, be mindful, present, and open to listening.

Get involved with neighborhood projects or volunteering for a local cause.

Find ways to help young people participate in cultural traditions at home or in the community, and support their sense of belonging and identity.

Create space for young people to talk about feelings. Listen without judgment.

We can help heal and build a healthier generation of young people.

Visit [livebeyondCA.org/stories](https://livebeyondCA.org/stories) to hear tips on how to start — from parents, caregivers, and youth from California.



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