



Help young people thrive by creating Positive Childhood Experiences

Whether you're an educator, coach, or other supportive adult, let's *create positive experiences* for youth in our community.

The impacts of adversity on children and teens can be reduced with positive experiences we create for them. Positive Childhood Experiences (PCEs) play a crucial role in building resilience and promoting lifelong mental well-being. Research shows that PCEs help protect against stress and adversity—now and later in life. Examples of PCEs include:

- ♦ Being able to share feelings with family through nurturing relationships
- ♦ Feeling a sense of belonging in school
- ♦ Participating in meaningful community or cultural activities to foster a sense of belonging and identity
- ♦ Having at least two non-parent adults take a genuine interest in them
- ♦ Feeling safe and protected at home
- ♦ Learning skills to cope with challenges and tough times

Whether you're an educator, coach, or other adult supporting youth, use these resources and activities to create PCEs, develop strong emotional foundations, and help young people thrive.

Download these resources at livebeyondCA.org.

To order a physical toolkit of resources, please visit livebeyondCA.org/order.



- ♦ **Booklist:** A thoughtfully selected list of books exploring trauma, mental health, resilience, and self-care.
- ♦ **Poster:** A visual tool to spark conversation and raise awareness about the impact of Positive Childhood Experiences (PCEs).
- ♦ **Palm Cards:** Handy resources with more information about ACEs, stress-busting strategies, and creating PCEs.
- ♦ **Bookmark:** A useful, portable reminder of stories about mental health and healing.
- ♦ **Additional resources:** Activity tip sheet, social media posts, healing journal, Stress Buster pocket card, and more!

Show up for youth you care for.

Download resources ♦ Host an activity ♦ Share on social media using #LiveBeyondACEs



Do you remember a positive experience or relationship from your own childhood? What made it feel good? Here are a few activity ideas you can bring to life for a youth in your care or your community:



1. **PCEs in action.** Create an interactive space where people can share positive experiences or relationships from their own childhood. Include resources where young people can find connection and where adults can volunteer to support a child in their community. Share opportunities, local programs, and PCEs in action on social media and in newsletters.
2. **Create a Live Beyond resource hub.** Set up a dedicated space for youth to explore and learn. This could be a physical or digital space. Share resources such as the poster, bookmark, palm cards, and more.
3. **Launch a social media book challenge.** Encourage people to share what books they're reading related to mental health, ACEs, or stress management, using the campaign hashtag. Using the Live Beyond booklist, share a weekly book recommendation.
4. **Create a "Book Nook" or "Cozy Space."** Create a dedicated space for young people to rest, recharge, and calm their bodies and minds. This can incorporate soft textures, chairs, or just be a quiet, separate space. Include age-appropriate books from the Live Beyond book list on overcoming adversity. Incorporate the Live Beyond journals with colored pencils or pens for young people to explore and reflect.
5. **Mindfulness and wellness stations.** Set up mindfulness stations in your space, with different activities focused on stress reduction. This can include deep breathing, journaling prompts from the Live Beyond journal, and various mindfulness activities.



Remember: You can be that safe, stable, nurturing adult, and leave a lasting impact on their healing.

Live Beyond campaign social media

Follow our campaign on social! Discover personal stories from youth, the science behind ACEs and toxic stress, and, importantly, ways to heal. Spread the word to colleagues and loved ones!

And if you happen to share about your own healing journey, or how this campaign has helped, please use our hashtag **#LiveBeyondACEs**.

 Facebook: Live Beyond Campaign

 Instagram: @LiveBeyondCA

 TikTok: @LiveBeyondCA

 YouTube: youtube.com/@livebeyondca