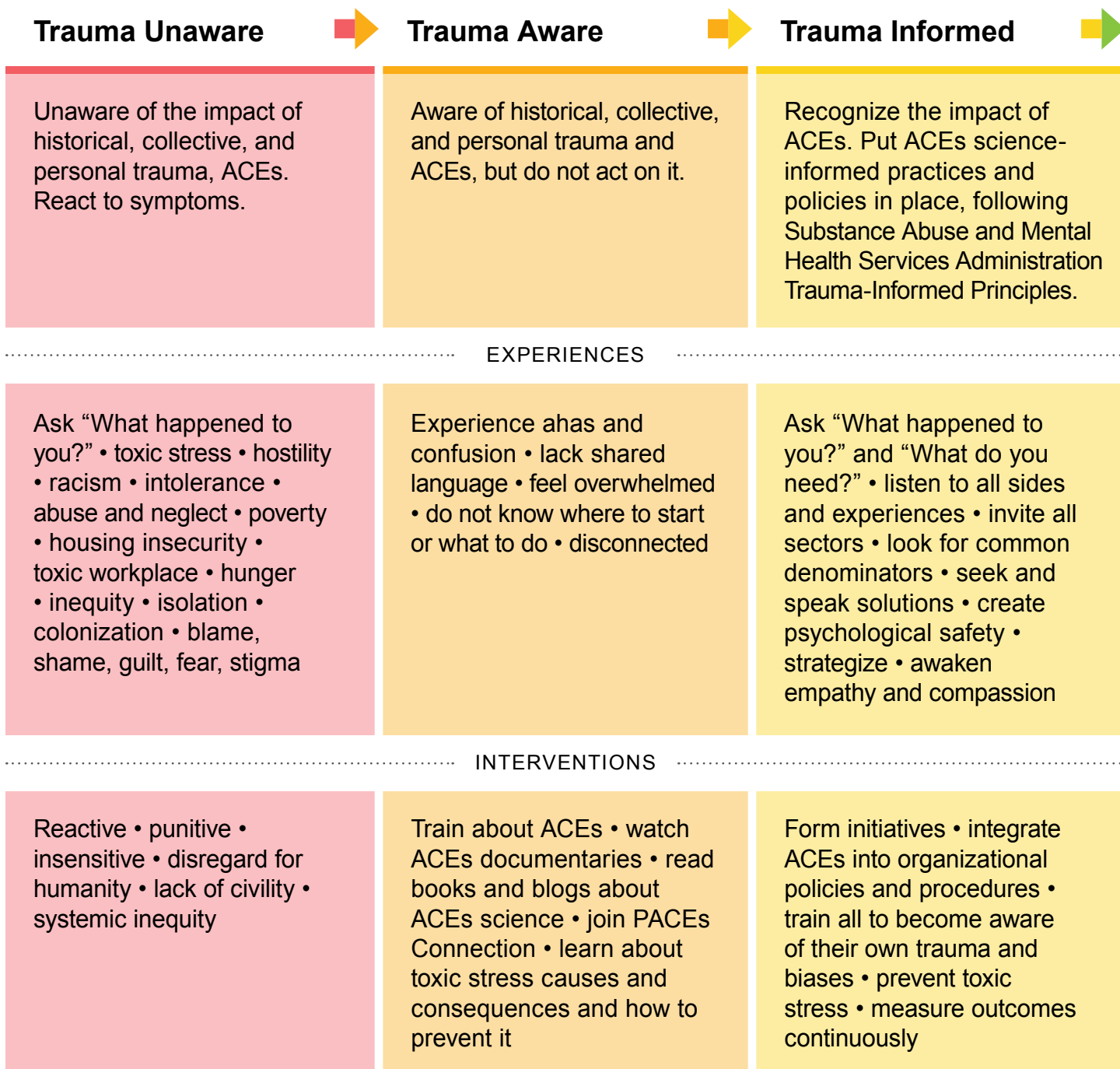


Path to a Just Society

What can we do to create a world in which all feel safe, valued, and loved? We can learn about, prevent, and heal adverse childhood experiences (ACEs) and create more positive childhood experiences (PCEs) in our communities. We can start or join a positive and adverse childhood experiences (PACEs) initiative to accelerate change. Join us on the path to creating a just society!



PACEs Informed



Healing Centered



Just Society

Aware of the significance of Positive and Adverse Childhood Experiences (PACEs) and their interaction (e.g., PCEs act as buffers against ACEs).

Work to prevent and heal trauma. Foster nurturing relationships, restorative processes, and positive experiences.

A self-actualized, equitable, beloved society in which all thrive, belong, and feel loved.

EXPERIENCES

Aware of PCEs and their significance • know about historical trauma and cultural healing efforts • know social determinants of health are drivers of inequities and health disparities

Feel heard, valued, respected, engaged, activated, honored, courageous, empathetic, included, compassionate, trusted and trustworthy, informed, self-aware, self-compassionate, accepted, and playful • diversity, equity, and inclusion are the norm • promote safe, stable, nurturing relationships and environments • allow growth from positive and tolerable stress

Feel safe, hopeful, worthy, joyful, cared for, celebrated, playful • live with ease, belonging, dignity, and love • breathe, eat, drink, and play knowing our environment nurtures our bodies • enjoy a long, healthy life • celebrate our individual and cultural uniqueness • thrive and fulfill our collective potential

INTERVENTIONS

Train about PACEs • watch PACEs documentaries • read books and blogs about PACEs science • integrate PACEs into organizational policies and procedures • consciously create culturally appropriate and community-led positive experiences for children and their caregivers • identify and build on strengths of the individual

Co-operatives and collective efforts • restorative justice to repair harms • accountability • universal basic income • policies and systems that support families and promote prevention, equity, and health • equitable implementation • all actively address personal trauma and biases • data informs programs

Power is shared • reparations • when lack is observed, action is taken • abundance—everyone has what they need