In the space below, brainstorm ways you can promote the four building blocks of HOPE (Healthy Outcomes from Positive Experiences) in your organizations and everyday work.

**Being in nurturing, supportive relationships with parents, peers, and adults outside of the family:** warm, responsive, secure attachments, physically/mentally healthy parents, trusting relationships with peers/other adults

**Living, learning, and playing in safe, stable, and equitable environments:** safe/stable homes, adequate nutrition/sleep, high-quality learning and play opportunities, access to high-quality medical/dental care

Source: Sege and Browne. Responding to ACEs with HOPE: Health Outcomes from Positive Experiences. Academic Pediatrics 2017; 17:S79-S85
Opportunities for engagement and to develop a sense of connectedness: involvement in social institutions/environments, awareness of cultural customs/traditions, “a sense of mattering” and belonging.
