HOPE (Healthy Outcomes from Positive Experiences) includes 4 key Positive Childhood Experiences (PCEs) and 4 key Adverse Childhood Experiences (ACES).

**Relationships**

- A healthy relationship with a caring and loving adult
- A strong emotional bond with a trusted adult
- Feeling safe and protected
- Being treated with respect and kindness

**Environment**

- A safe and stable home
- Access to quality health care
- Supportive community
- Encouragement to pursue personal goals

**Engagement**

- Active participation in school and community activities
- Feeling connected and valued
- Sense of belonging and purpose
- Opportunities for social and emotional development

**Opportunity**

- Access to educational and career opportunities
- Support and resources for personal growth
- Healthy relationships and social networks
- Opportunities for social emotional development

For more information, visit positiveexperience.org or contact us at HOPE@tuftsmedicalcenter.org