HOPE (Healthy Outcomes from Positive Experiences) includes 4 key Positive Childhood Experiences (PCEs) that buffer against the negative effects caused by Adverse Childhood Experiences (ACES).

1. **Relationships**
   - Helpful relationships with family and others provide a stable foundation for healthy development.
   - Support from adults who are caring and responsive.
   - Opportunities to form successful relationships with peers.

2. **Environment**
   - A safe and stable environment that promotes healthy growth and development.
   - Access to a nurturing and supportive environment.
   - Opportunities to engage in positive activities and experiences.

3. **Engagement**
   - Meaningful involvement and opportunities for learning and growth.
   - Opportunities to participate in community activities and events.
   - Opportunities to develop new skills and abilities.

4. **Opportunities for Social Emotional Development**
   - Access to developmentally appropriate learning experiences.
   - Opportunities to develop social and emotional skills.
   - Support for developing healthy coping mechanisms.

Learn more at positiveexperience.org or contact us at HOPE@tuftsmedicalcenter.org