



HOPE的四大基石

由关键的童年积极体验 (PCEs) 以及这些体验的来源和机会——帮助孩子成长成健康、还有韧性的成年人。

The Four Building Blocks of HOPE
are composed of key Positive Childhood Experiences (PCEs)—and the sources of those experiences and opportunities—that help children grow into healthy, resilient adults.

<p>与人的关系: 家庭内部以及通过人际活动 与其他儿童和成人的关系。</p>	 <p>RELATIONSHIPS</p>	<p>Relationships within the family and with other children and adults through interpersonal activities.</p>
<p>环境: 安全、公平、稳定的家庭和学校生活、娱乐、和学习环境。</p>	 <p>ENVIRONMENT</p>	<p>Safe, equitable, stable environments for living, playing, learning at home and in school.</p>
<p>社会和公民参与, 以培养归属感和联系 感。</p>	 <p>ENGAGEMENT</p>	<p>Social and civic engagement to develop a sense of belonging and connectedness.</p>
<p>情绪: 通过玩耍和与同伴互动来提高自我意识和自我调节的情绪增长。</p>	 <p>EMOTIONAL GROWTH</p>	<p>Emotional growth through playing and interacting with peers for self-awareness and self-regulation.</p>