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!

Trauma Unaware



Trauma Aware



Trauma Informed



Unaware of the impact of historical, collective, and personal trauma, ACEs. React to symptoms.

Aware of historical, collective, and personal trauma and ACEs, but do not act on it.

Recognize the impact of ACEs. Put ACEs science-informed practices and policies in place, following Substance Abuse and Mental Health Services Administration Trauma-Informed Principles.

EXPERIENCES

Ask "What happened to you?" • toxic stress • hostility • racism • intolerance • abuse and neglect • poverty • housing insecurity • toxic workplace • hunger • inequity • isolation • colonization • blame, shame, guilt, fear, stigma

Experience ahas and confusion • lack shared language • feel overwhelmed • do not know where to start or what to do • disconnected

Ask "What happened to you?" and "What do you need?" • listen to all sides and experiences • invite all sectors • look for common denominators • seek and speak solutions • create psychological safety • strategize • awaken empathy and compassion

INTERVENTIONS

Reactive • punitive • insensitive • disregard for humanity • lack of civility • systemic inequity

Train about ACEs • watch ACEs documentaries • read books and blogs about ACEs science • join PACEs Connection • learn about toxic stress causes and consequences and how to prevent it Form initiatives • integrate
ACEs into organizational
policies and procedures •
train all to become aware
of their own trauma and
biases • prevent toxic
stress • measure outcomes
continuously



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

