



Positive Childhood Experiences

Davis County, Utah

What are Positive Childhood Experiences?

Positive Childhood Experiences (PCEs) occur when children experience safe, stable, nurturing relationships and environments. Research indicates that PCEs act as a protective factor against traumatic events, toxic stress, and Adverse Childhood Experiences (ACEs).

PCEs support children’s growth and development into healthy, resilient adults. They allow children to form strong relationships and meaningful connections, cultivate positive self-image and self-worth, experience a sense of belonging, and build skills to cope with stress in healthy ways.

How are Positive Childhood Experiences measured?

PCEs are measured using a score based on a series of seven questions that ask respondents about their childhood experiences. Adults were asked to think back to their childhood, up to the age of 18, and answer how often (never, rarely, sometimes, often, very often) they:

- Felt able to talk to your family about feelings
- Felt your family stood by you during difficult times
- Enjoyed participating in community traditions
- Felt a sense of belonging in high school
- Felt supported by friends
- Had at least two non-parent adults who took genuine interest in you
- Felt safe and protected by an adult in your home

% of adults who report PCEs

(Percentage of adults that responded often and very often)

# of PCEs	Davis County	Utah
0-2 PCEs	14.0%	9.6%
3-5 PCEs	40.8%	35.2%
6-7 PCEs	45.2%	48.7%

Source: Utah Behavioral Risk Factor Surveillance System 2022 (age-adjusted)

Positive Childhood Experiences	Davis County	Utah
Adult in the home made you feel safe and protected	86.0%	84.5%
Feel supported by friends	75.9%	76.1%
Family stood by you in difficult times	79.3%	76.0%
At least two non-parental adults who took a genuine interest in you	67.8%	65.6%
Feel that you belonged at your high school	59.5%	62.3%
Enjoyed participating in community traditions	60.2%	62.2%
Able to talk to family about feelings	57.1%	57.9%

Source: Utah Behavioral Risk Factor Surveillance System 2022 (age-adjusted)

Positive Childhood Experiences

Source: positiveexperience.org

Relationships

Safe and supportive relationships within the family and with other children and adults.

- Foundational relationships with parents who respond to a child's needs and offer warm, responsive reactions
- Adults outside of the family who take a genuine interest in a child and support their growth and development
- Healthy, close, and positive relationships with peers

Environment

Safe, stable, and equitable environments where children can live, learn, and play.

- A safe, stable environment secure in meeting a child's basic needs, including adequate food, shelter, and health care
- A nurturing home where a child is emotionally secure
- A stable school environment where children feel valued and receive high-quality education
- A community environment to play and interact with other children safely and equitably

Engagement

Opportunities for social and civic engagement to develop a sense of belonging and connectedness.

- Being involved in projects, peer mentoring, or community service through one's school or religious organization
- Participating in family and cultural traditions.
- Joining a music, art, or sports group

Emotional Growth

Opportunities for emotional growth where children feel supported through difficult events and emotions.

- Developing a sense of emotional and behavioral self-regulation
- Having the ability to respond to challenges in a productive way
- Developing key social and culturally-appropriate communication and interpersonal skills