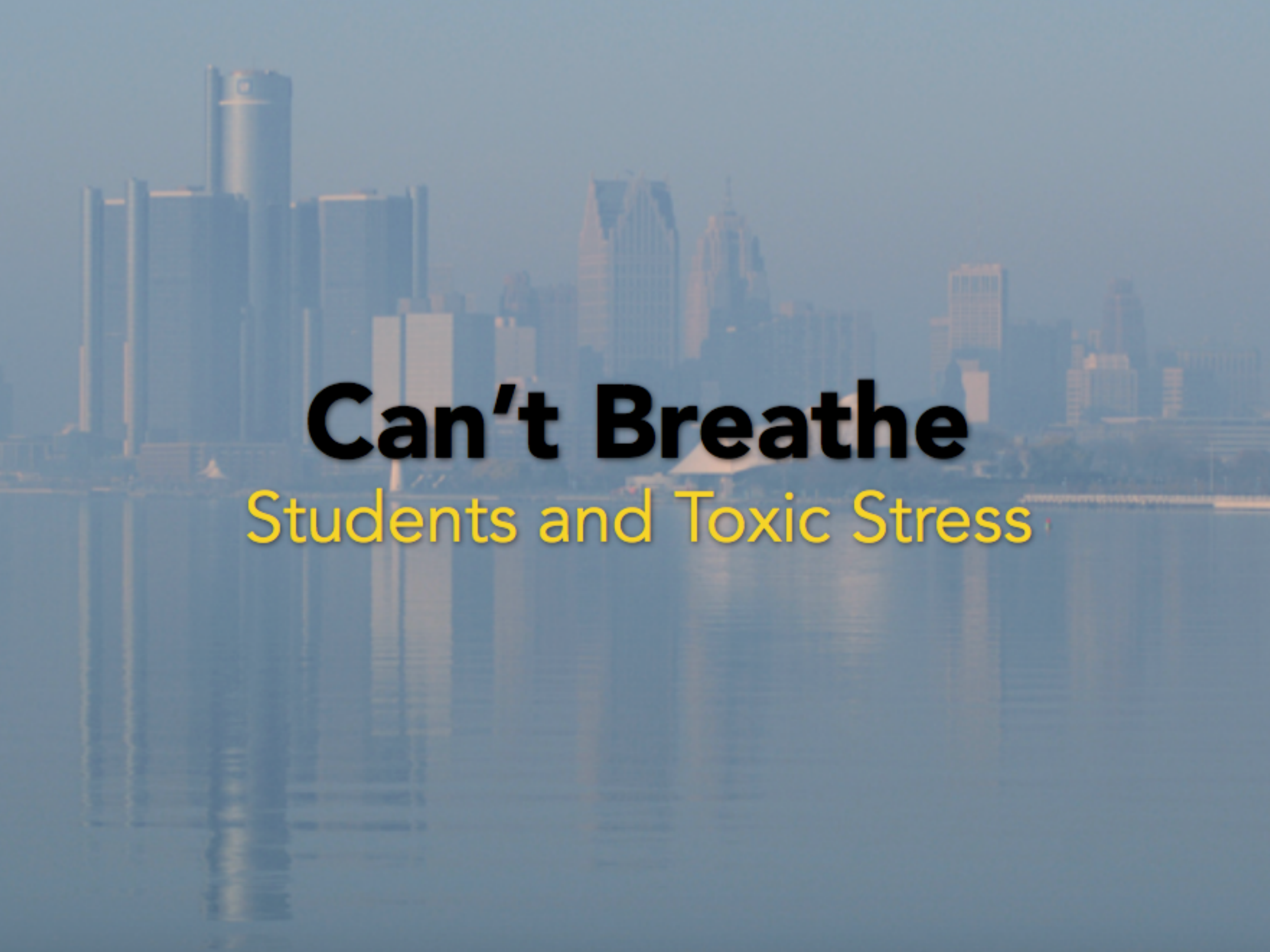
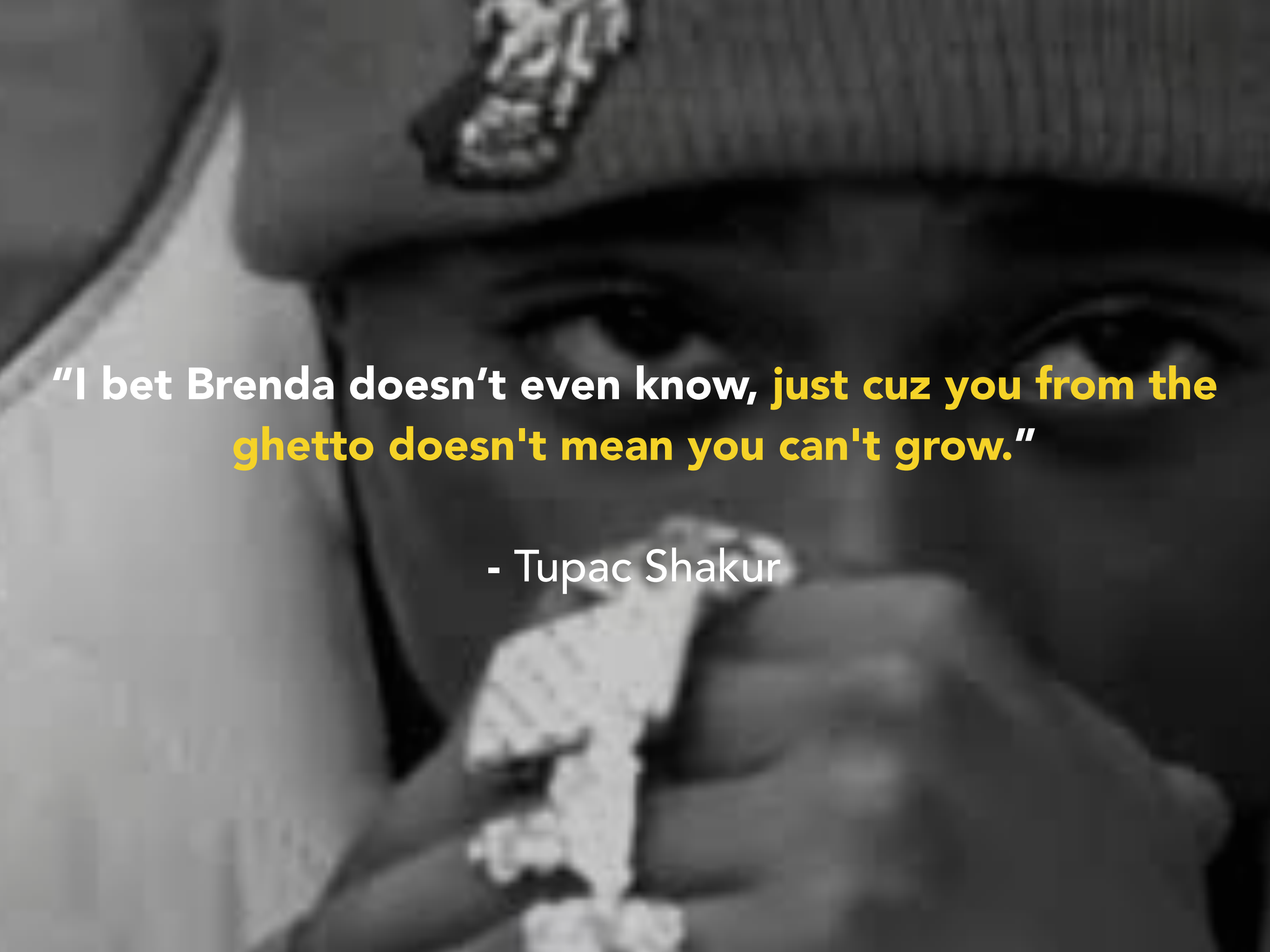




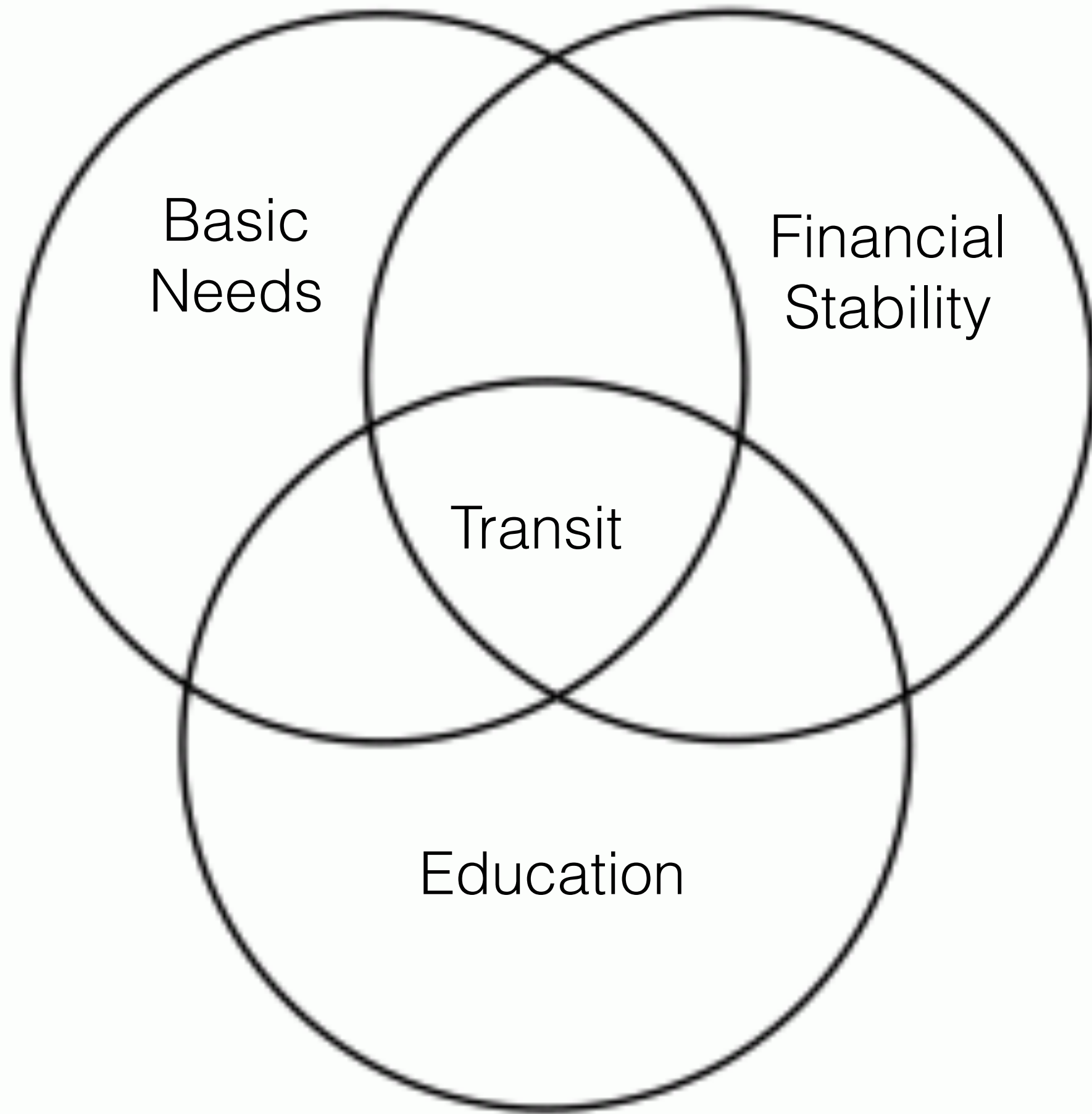
Can't Breathe

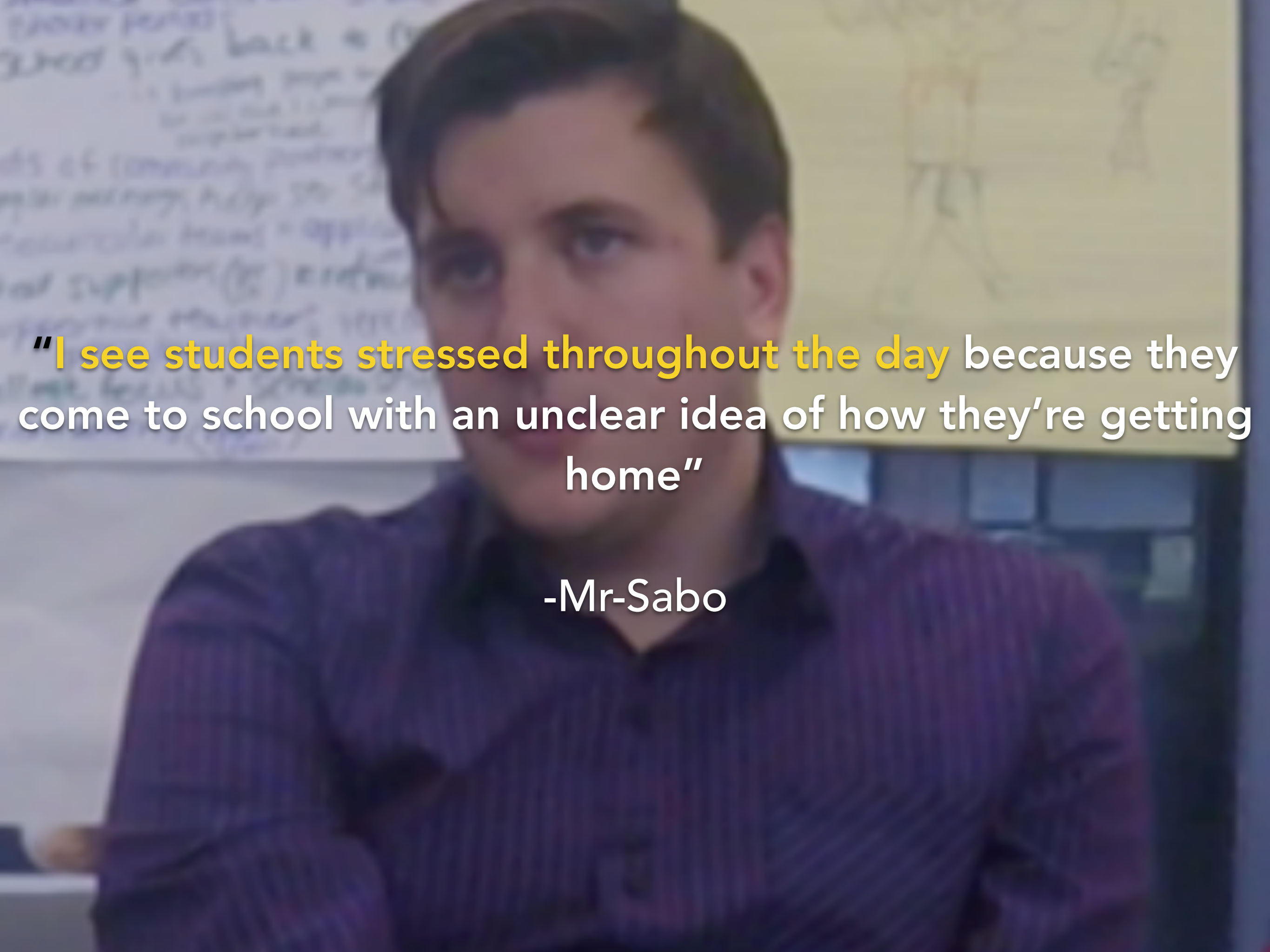
Students and Toxic Stress



"I bet Brenda doesn't even know, just cuz you from the ghetto doesn't mean you can't grow."

- Tupac Shakur



A man with short brown hair, wearing a purple and black striped button-down shirt, is looking directly at the camera. He is in a classroom setting. Behind him to the left is a whiteboard with handwritten notes in blue and black ink. Behind him to the right is a yellow poster with some diagrams and text. The text is overlaid on the image.

"I see students stressed throughout the day because they come to school with an unclear idea of how they're getting home"

-Mr-Sabo



According to Harvard University's Center on the developing child, "toxic stress is the strong, unrelieved activation of the body's stress management system in the absence of protective adult support."

Physical Toxicity vs. Social Toxicity



Physical

- Carbon Monoxide
- Lead
- Chemical Leaks
- Greenhouse Gases

- Externalities
- Accumulation
- Damaging to environment
- Damaging to children

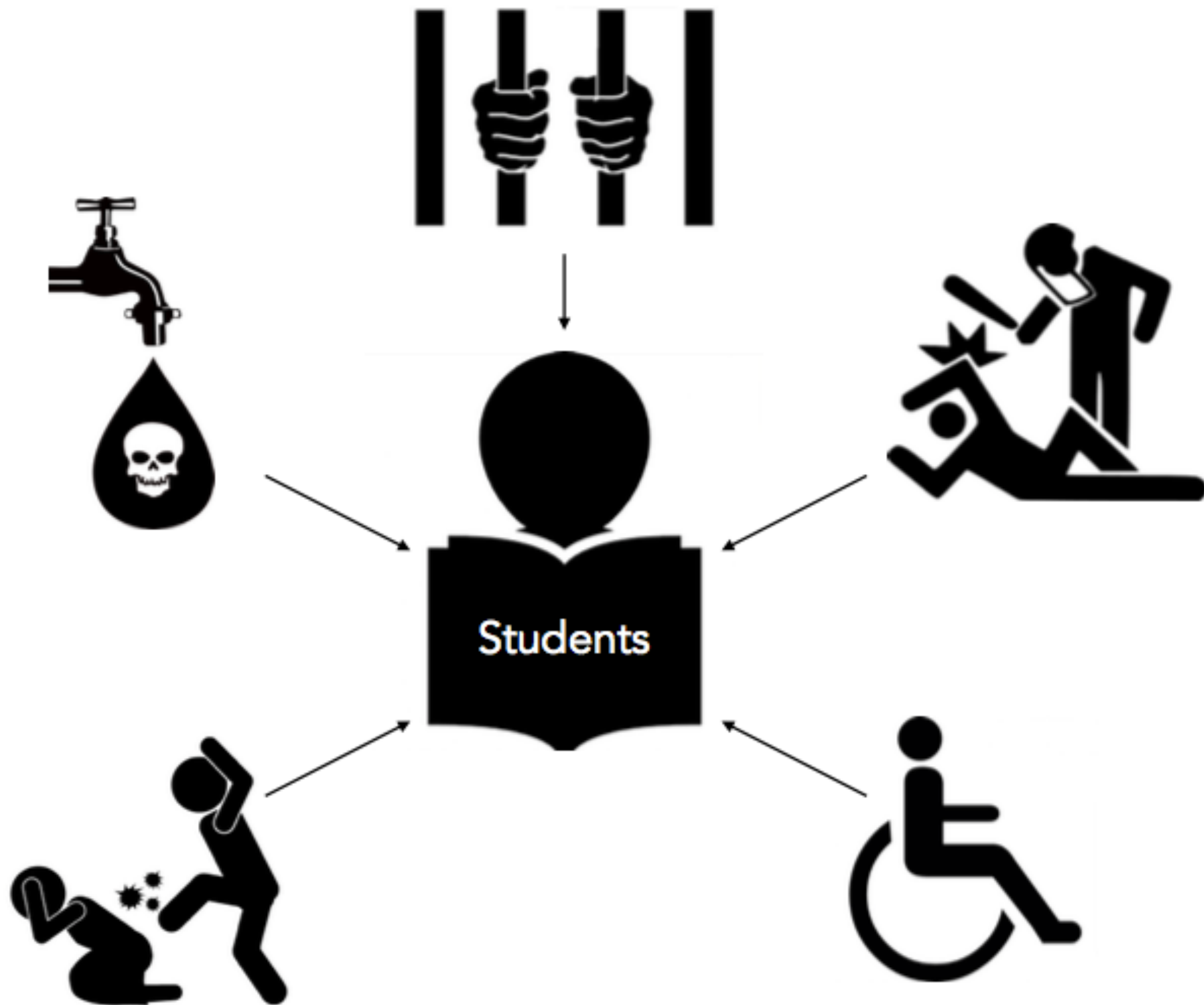
Social

- Community Violence
- Domestic Abuse
- Financial Hardship
- Homelessness

Measuring Social Toxicity

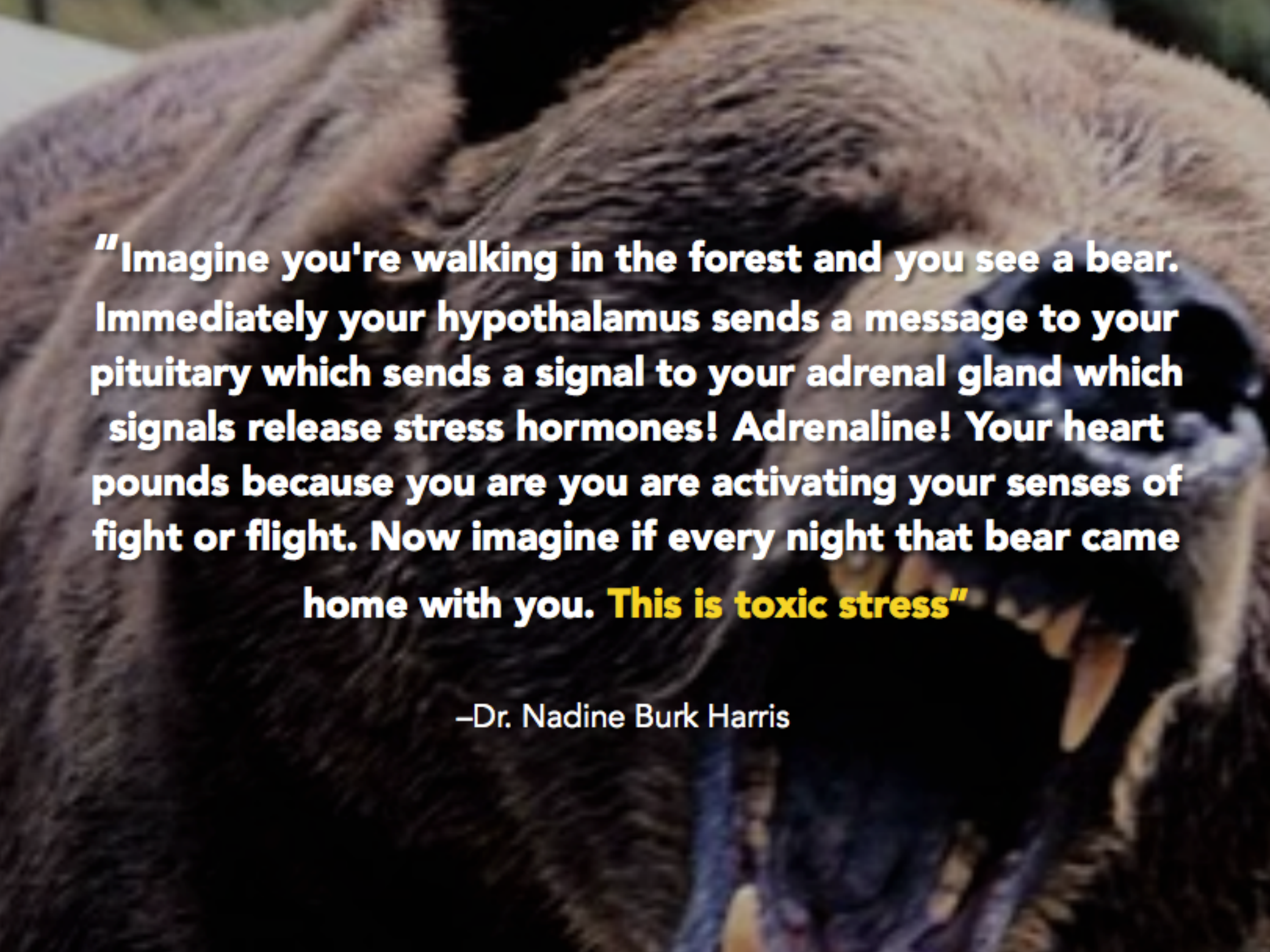
Adverse Childhood Experiences (ACES) are risk and potentially traumatic events that can have negative, lasting effects on health and well-being

ACES are represented in many forms ranging from the presence of social risk factors...



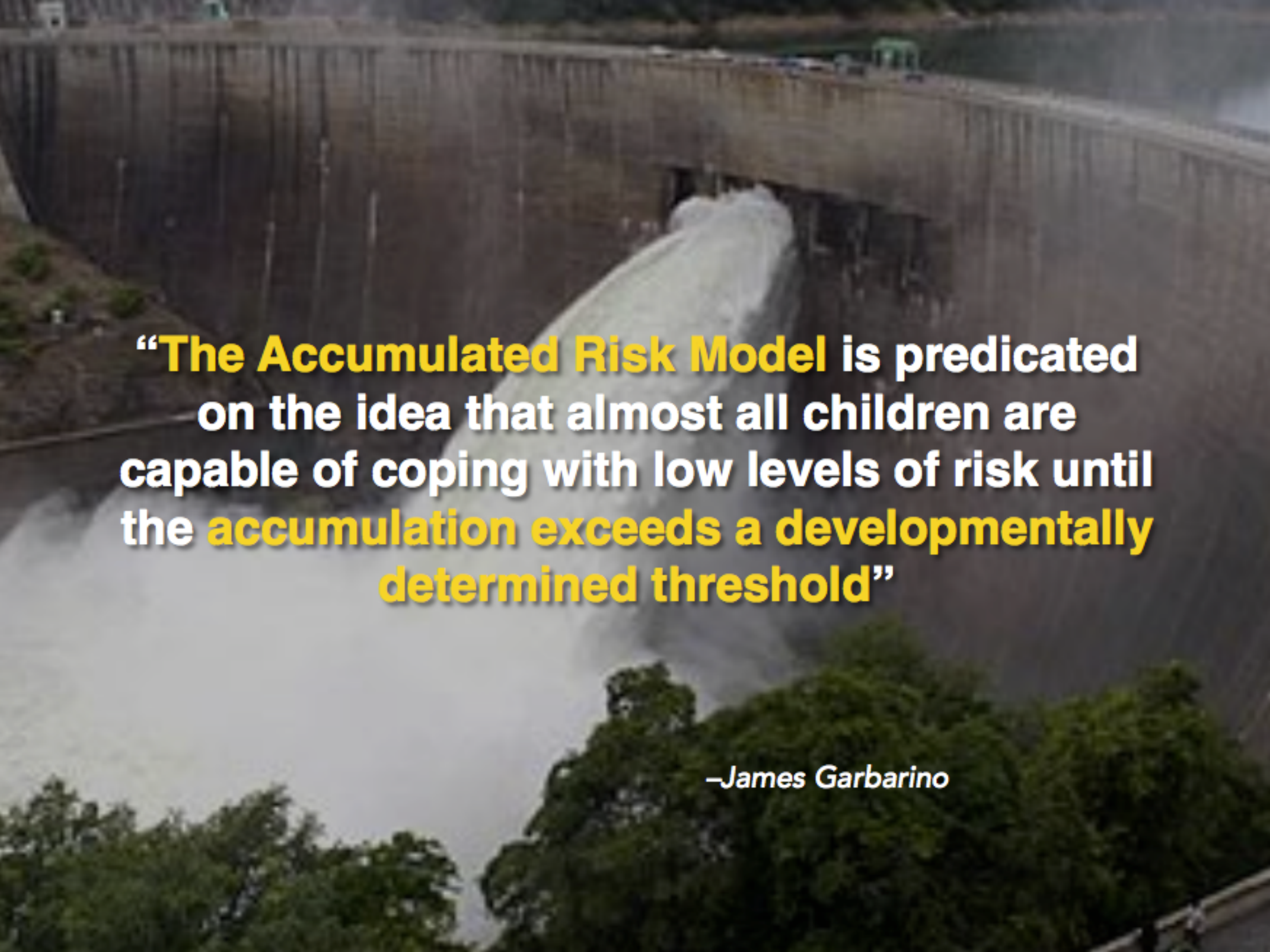
...to the absence of social resources





"Imagine you're walking in the forest and you see a bear. Immediately your hypothalamus sends a message to your pituitary which sends a signal to your adrenal gland which signals release stress hormones! Adrenaline! Your heart pounds because you are activating your senses of fight or flight. Now imagine if every night that bear came home with you. This is toxic stress"

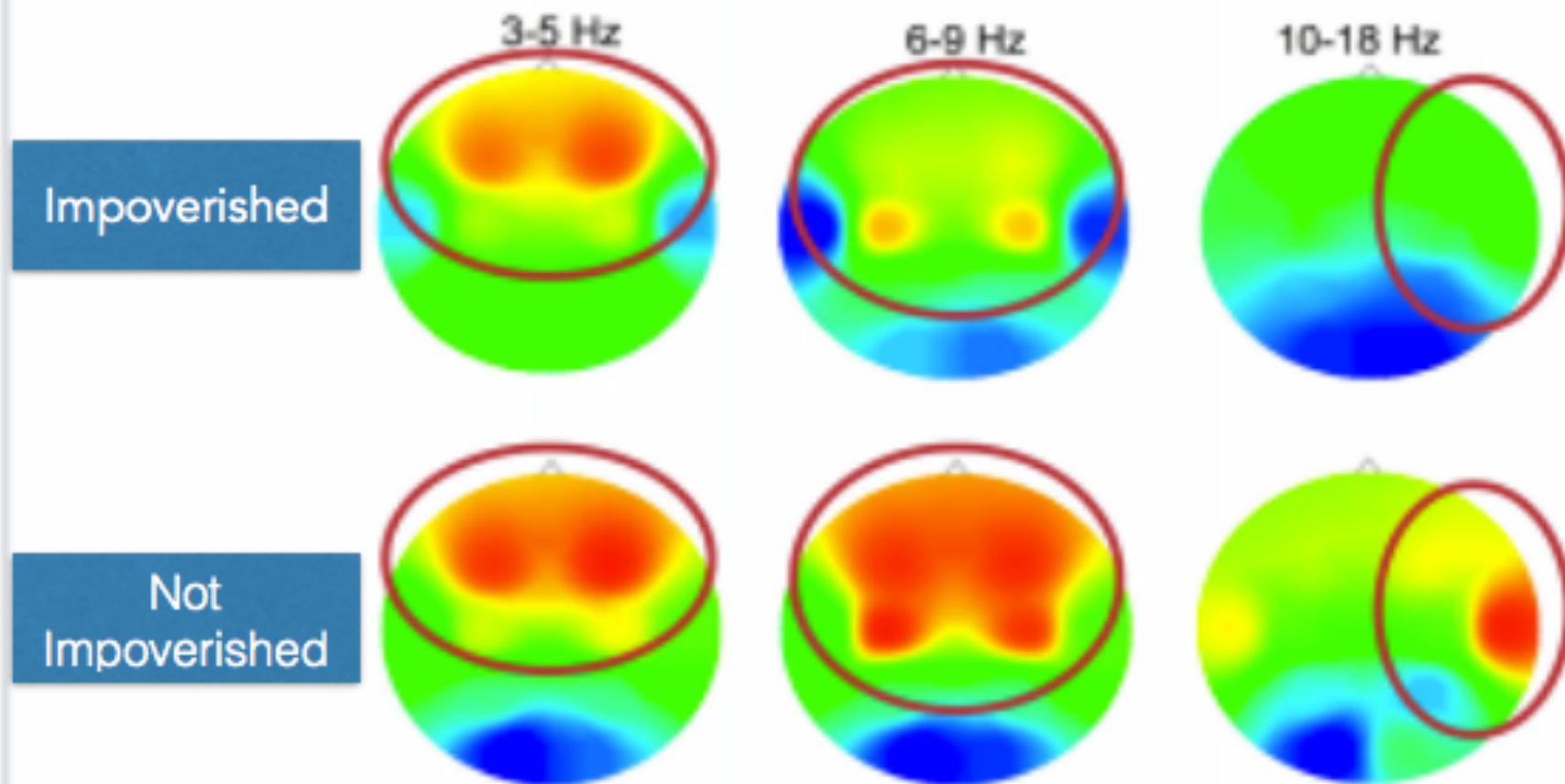
—Dr. Nadine Burk Harris



“The Accumulated Risk Model is predicated on the idea that almost all children are capable of coping with low levels of risk until the **accumulation exceeds a developmentally determined threshold”**

—James Garbarino

Extreme Neglect Diminishes Brain Power



Source: C. A. Nelson (2008); Marshall, Fox, & the BEIP Core Group (2004).

Comparison of brain function and development between impoverished and non-impoverished students

Death rate
from all types
of violence

Percentage
of children
whose care meets
medical home
criteria

Percentage
of households
where no parent
has *full-time*
employment

Percentage
of children
who repeated
a grade

Rate of
children age
2-17 diagnosed
with ADHD

WORST

Infant
mortality
rates

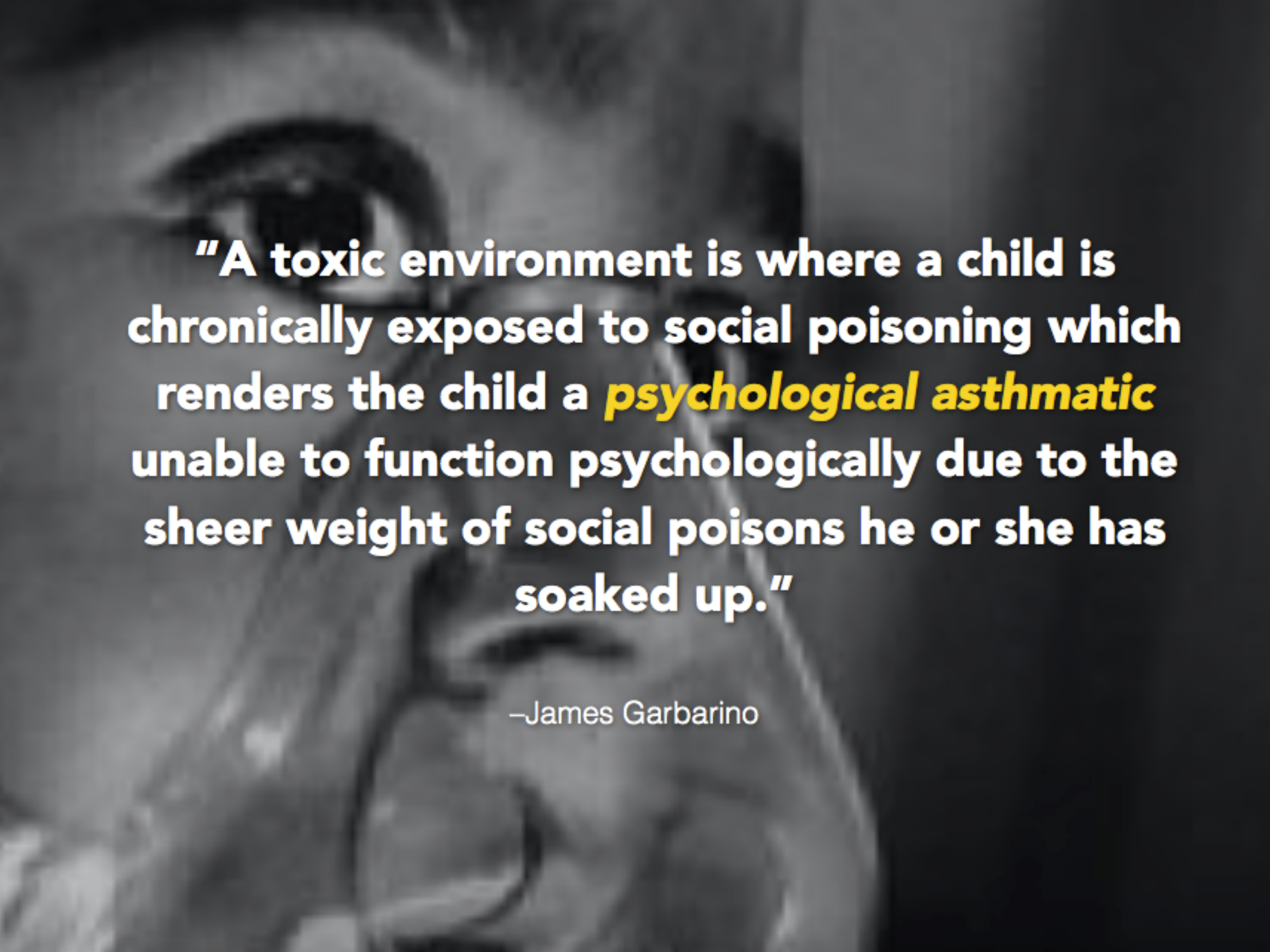
Percentage
of teens not
working or going
to school

Percentage
of children birth
to 17 who live in
safe

Percentage
of children
living within
extreme

Death
rate of
children age
1-18

Percentage
of households
where no parent
has *any*
employment
within past



"A toxic environment is where a child is chronically exposed to social poisoning which renders the child a *psychological asthmatic* unable to function psychologically due to the sheer weight of social poisons he or she has soaked up."

—James Garbarino

"This is a public health emergency in the city of Detroit...We are losing our future in really socially unacceptable ways."

-Dr. Herman Gray

"The homicide is horrific, but we actually have to get to this comprehensive place where children are just plain safe, not only safe from homicide but where they're safe from any sort of attack or any violence."

-Kristen McDonald

"Adverse Childhood Experiences are the single greatest unaddressed public health threat facing our nation today"

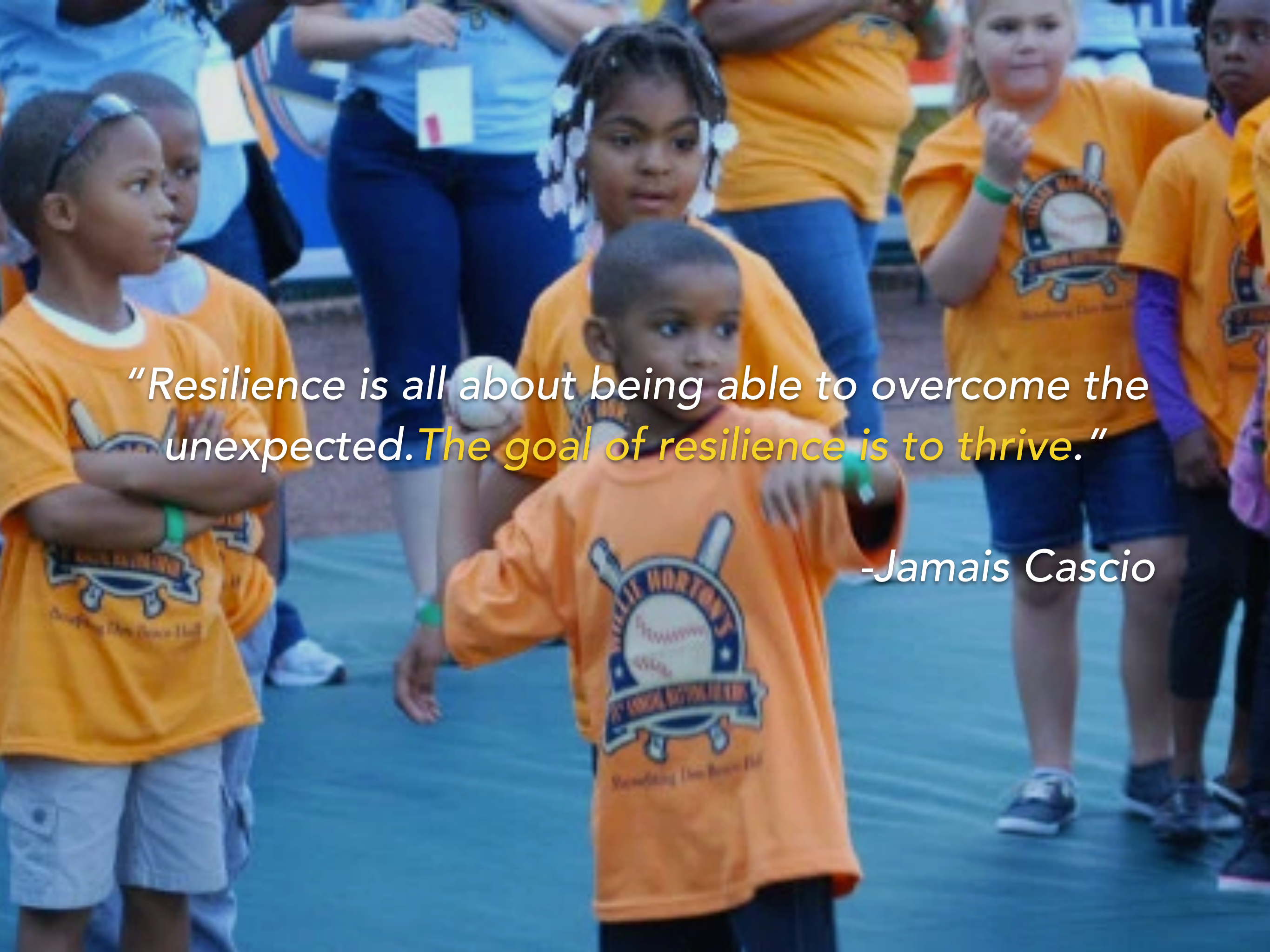
-Dr. Robert Block

"Every time I see a car ride down the street, I still get nervous. I don't feel safe anywhere,"

-Sunsearae Hall, mother of slain 12 year old Kenis Greene

"Take a child born two months prematurely into a single-parent household that doesn't have a lot of resources. Mom might have a substance abuse problem, then there's neighborhood violence. All those things sort of conspire to pull the rug out from underneath the kids."

-Dr. Charles Nelson

A group of young children, mostly Black, are standing on a blue sports field. They are wearing orange t-shirts with a logo that says "WILLIE HORTON'S" and "STAYING THE GAME". One child in the foreground is holding a baseball. In the background, there are adults and other children, some in blue shirts. The scene appears to be a community sports event.

*“Resilience is all about being able to overcome the unexpected. **The goal of resilience is to thrive.**”*

-Jamaïs Cascio

Resilience is the ability to adjust (or bounce back) when bad things happen. Research shows resilience helps reduce the effects of ACEs. Protective factors are internal and external resources that help us to build our resilience.



