



# POSITIVE CHILDHOOD EXPERIENCES

that serve as protective factors for mental health in youth

Chart Lab / Bethell et. al. (2019)

01.

Youth who are able to talk to their family about their feelings

02.

Youth who have families who stand by them in difficult times

03.

Youth who feel safe and protected by an adult in their home

04.

Youth who enjoy participating in community traditions

05.

Youth who feel a sense of belonging in their high school

06.

Youth who feel supported by their friends

07.

Youth who have at least two non-parent adults who take a genuine interest in them

The CHART Lab is an interdisciplinary team working together to promote life-long mental health and well-being, beginning with children and youth. Led by Dr. Hasina Samji, the team includes specialists in epidemiology, child and youth psychology, education, health sciences, and public health. The CHART Lab aims to identify social and structural determinants of mental health and mobilize research into action to promote social justice and collective well-being.