

## Poverty Simulation Online Activities

*"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." Matthew 25: 35-36*

### Student Learning Outcomes:

- Examine specialty populations in the community including Poverty.
  - Identify the Adverse Childhood Experiences (ACEs) components and their potential effects on behavior and physical and mental health.
  - Discuss what can be done to improve outcomes for individuals that have had ACEs in their past.
1. Please watch the following PBS Frontline movie entitled "Poor Kids" (2017 in top left corner):  
<http://www.pbs.org/wgbh/frontline/film/poor-kids/>
  2. Watch this video: "Hard Times Generation: Families living in cars":  
<https://www.youtube.com/watch?v=L2hzRPLVSm4&feature=youtu.be>
  3. Complete this online Poverty Simulation exercise:  
<http://www.playspent.org/>  
  
(click on where it says "Continue to Spent" then "Accept the Challenge" then "Find a Job"). You may do this more than once in order to make it through the month. You are not expected to donate money.
  4. Do this online Poverty Simulation by United Way:  
<http://www.makingtoughchoices.org/>
  5. Read this summary on Poverty:

Poverty is defined by the U.S. government based on income and family size, and the threshold is adjusted annually based on inflation. Poverty exists in every community — urban, suburban, and rural — and children are the poorest members of our society.

In 2016, approximately 13 percent of the U.S. population lived in poverty, including 18 percent of children. Although poverty rates declined between 2014 and 2016 across all demographics, disparities remain. Black, Hispanic, American Indian, and Alaska native children are three times more likely to live in poverty than white and Asian children. Among immigrants, naturalized citizens have the lowest poverty rates, followed by U.S.-born citizens; noncitizens are at highest risk of living in poverty.

Children born into poverty and persistently living in poor conditions are at risk for many health and developmental challenges throughout their lives. Children living in poverty are also more likely to be exposed to violence and suffer from injury and chronic

illnesses. Moreover, the effects of persistent poverty can lead to toxic stress and can alter the way a young child's brain develops, which can lead to lower educational attainment and higher rates of crime, teen pregnancy, and substance abuse.

Federal antipoverty programs aim not only to provide economic stability to individuals and families, but also to mitigate the long-term effects of poverty. A number of programs are specifically designed to support early childhood development, including those that provide access to health care through Medicaid and CHIP, early education (such as Head Start and Early Head Start), affordable housing, quality child care, and home visiting. Perhaps the most widely utilized programs are those that provide critical nutrition assistance, such as the Women, Infants, and Children Program (WIC); SNAP (formerly the "food stamps" program); school meals; and summer feeding programs. Without these resources, it is estimated that nearly one in three children would live in poverty instead of one in five.

Poverty has negative effects on:

- Birthweight
- Infant mortality
- Immunization rates
- Nutrition
- Language development
- Social development

(From: Pediatric Adversity and Early Brain Development Toolkit)

6. Watch this video on brain development from Harvard University:

<https://developingchild.harvard.edu/resources/brain-hero/>

7. Watch this video about Adverse Childhood Experiences (ACE's):  
"TED Talk — Nadine Burke Harris: How Childhood Trauma Affects Health Across A Lifetime"

[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)

8. Take "The ACE Quiz — And Learn What It Does and Doesn't Mean":

<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

Take the quiz and then read the explanation of ACE's that follow below. Pay special attention to the "Three Types of ACEs" and the "ACEs Increase Health Risks" charts.

There will be exam questions on Exam 4 about ACEs.

9. Write a two-page reflection (11-point Arial or Calibri font, double-spaced) after completing these assignments about what you learned about Poverty and Adverse Childhood Experiences and how it will impact your nursing practice. This will be due on

Thursday, April 8<sup>th</sup> by 1200. Please put in the Poverty Online Simulation Activities folder in Dropbox.