

Watching these videos about poverty, I have learned that you never take anything for granted, everyone goes through their bad times but listening to these stories has made me realize that there is someone else who has it worse. These families go through some tough times, losing their homes, not having food, or any other necessity like shoes, clothing, hot water, fridge, or other things we take for granted like internet, television etc. For example, Katie's family story touched me, the struggle of a single mom trying to make it on her own but barely making ends meet, living paycheck to paycheck but not having money for gas or food. Katie and her brother try to help and find cans to sell for money, or mow lawns for money they pitch in to help their mother with gas and food money. Eventually Katie's mom decides they will have to move out of their house into a hotel, with no fridge, or microwave, these are things that they need to live. Years later, Katie and her family move into a house but still struggle with her mother's health issues and her brother not graduating high school, Katie's fear is becoming like her mother, to see how her mother turned out with her health issue of cancer and with her grandmother with cancer, she is afraid that it will happen to her. The stress that Katie goes through starting at such a young age is so damaging to her future. Brittany's family also struggles with making ends meet, her father struggles to find a job and her mother is pregnant. They go to food banks to get help with food, and they can't afford their bills. They worry about having their baby since they are having to provide for another child, years later they still continue to struggle as well, her father having trouble keeping a job and with Brittany's little brother being born with Autism, Brittany suffers at school being made fun of for being poor, but she overcomes it she found a drawing as a therapy to help her cope with stress. Jasmine's family lives in a shelter and her and her brother deal with not being able to go to a home of their own. Her brother struggles with not being able to have name brand shoes, he is determined to become a football player, but his parents can't

afford football gear or enrolling him into a football league. Jasmine's family years later are living in a hotel still struggling, jasmine struggles with school grades, she very emotional about the struggles that her father goes through to provide for her family. Her brother leaves to live with his grandma for a new start, he was into drugs which lead him going to jail, he gets off track so decides that living with his grandma would be a good choice for his dream of becoming a football player. The next videos of living in the cars, those stories are touching to me as well families living in cars, living in fear at night the children are afraid of getting robbed or someone hurting them. The stress, the damage of fear at such a early age these children face daily wondering when will be their next meal be or where they will sleep at, these adverse childhood effects that they have to go through daily all make sense to me when I watched the video of ACE's this video was so interesting for me because after watching all those videos it made perfect sense what Dr. Nadine Burke Harris said that these all these adverse childhood effects that children go through growing up with poverty, or a parent with a mental illness, a parent who drinks too much, all the effects are damaging to a child future, they are more likely to be depressed or suicidal or having health issues because of all the stresses that are presented starting from a early age. So many children diagnosed with ADHD when they don't have ADHD, they have adverse childhood effects however they are some children who are, but all these doctors are writing prescriptions for these children instead of trying to find the root problem. Dr. Harris speaks, trying to make a movement in this world, by trying to have other doctors present their patients with the ACE questions so that they can help these children with therapy or programs to help overcome they adverse childhood effects and help with their future of health problems like lung disease or heart disease. In conclusion as a future nurse I will take these videos as an experience. Listening to all these stories has touched my heart so deeply, when I see patients in the hospitals I will do my best to help care for them and teach them and find resources for them to help with whatever problem they are going through. Every patient deserves the best care and treatment no matter what background they come from. We as nurses can change these

patient's life forever just by caring for them and informing them with resources that fits their needs and understanding the struggle that these people go through daily. Never judge a person a by a cover, nurses are here to help take care of our patients we don't know what a patient story is and what they are going through.