

Poor Kids is a video about families that are living in poverty in the suburbs of America. It is told from the children's point of view and shows the impacts of unemployment, foreclosure, and financial stress. At first I didn't know what to expect because I knew the US had a problem but I didn't know to what extent. In the end I felt like I wanted to go do something around the community and help. It was difficult to watch because they let the show unfold through the children's point of view. Overall it was super informative and really opened your eyes to these types of living situations and I can apply the ANA code of ethics which states that no matter their race, insurance, religious belief, or income level, each nurse must treat each patient the same and there should be no discrimination. There is more families like these that are in the same position and I should feel thankful and I should be more understanding of their situations.

In the video brain hero it says that there is a solution to crime through childhood and brain development. Brain architecture is shaped by experiences from caregivers and their environment. Positive things like reading, listening to music, playing all have positive effects on the brain. When a child experiences adversity like family violence, neglect and abuse the brain is altered in a negative way. When we enforce rules in the child community like affordable health care, night watch, and better education it allows for better development and higher levels of achievement and decreased crime and better behavior and maybe even higher income.

Abuse or neglect can change our physiological make up. In the TED talk the speaker noticed that a lot of kids in the neighborhood her clinic was in had an increase rate of children being assessed for ADHD. There was a study that asked 17500 adults if they had experienced any trauma. Each yes would get you a number on the ACE score. They also showed that there was direct correlation of a high ACE score and poor health in adulthood. The brain is directly

affected when a child is exposed to adversity, even if you don't engage in high risk behavior you are still at high risk for certain disease. A child's fight or flight response is always engaged and affects the developing immune system and even the way DNA is transcribed.

I made a 0 on my ACE score. In the article it says that some positive experiences like a loving grandma or friend can change the lasting outcomes of the negative affects that abuse and neglect have on a child. A kind conversation can give a child a better shot of having a positive and healthy life. I have realized, after going on mission trips and doing volunteer work that these people didn't ask to live in poverty and they did just choose to only make minimum wage or live a life of crime. Especially after watching the TED talk I have realized that certain life experiences can change the brain and alter the way they react and view things in the world. Also after watching the TED talk I realized that our words and kindness matter even for an infant.

Before watching all of the videos required I thought that poverty was just having less money but I am realizing that poverty has to do with a lot more. Having less than normal nutritional requirements, less than normal education, little to no access to clean water, poor health care access, and all of these things can affect a child negatively. To better our nation as a whole we should turn inward and fix the poverty crisis that is happening in the United States. If we are able to lower the amount of individuals who are living in poverty we will be able to lower the amount of children with low birth weight, infant mortality, increase immunization rates, allow for better nutrition, improve language and reading skills, and even allow for development of better social skills.