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### Reflection of Poverty & Adverse Childhood Experience

Poverty the state or condition of having little to no money or goods. After watching these videos even though most of them were a few years old it showed how poverty stricken our country really is. I think lot of people in other countries think America is rich when I personally feel America is the opposite. Many of our people are going without the necessities of daily especially since the pandemic.

One of the adverse effects that was mentioned was children unable to pay attention in school due to hunger. In one of the videos, it shows that the school provided weekend meals in a bag for these low-income children. I feel that this has become more visual in school districts since the pandemic. I know that the school district that my children attended they provided free meals to anyone under the age of 18 with weekly meals that went to any of the school locations. I would always here on the news that a lot of children relied on going to school to get their free meals because they did not have food at home. With the school districts handing out free food I think this really helped a lot of families that would have been struggling to provide these extra meals. The one thing that I saw on this video that bothered me was when the secretary announced over the intercom for the students to come down to the office to get their meals. I personally feel that this could have been done more discretely for these kids do to bullying that these children had been facing already for being poor.

Another adverse effect was mentally illness. Depression was a effect that took toll on Brittany and also Kaylie's mother. Both mothers showed signs of depression and also anxiety. One of the girl's mothers also talked about being put on antidepressants and anxiety medications to help her. I think that financially struggling takes a toll on every parent mentally. I have faced difficult time myself as a single parent of three kids. Making sure that I could provide for them a roof over their heads and food on the table, but God always provides. It's something that my mother went through as a single parent herself also to provide the best she could. It is something you hope you would never go through as a adult

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because you see your own parent struggle but sometimes life happens. My thoughts are that I may struggle for a short term while I try and make a life better for me and my kids. Life was never meant to be perfect, but it is how you handle the situation.

The next adverse effect I saw was school dropouts. This was true for Kaylie's brother Tyler that he dropped out in high school but later decided to go back. He stated that he saw how hard it was for his mother to get a job without a high school diploma. Which this is very true because a lot for employers require that you have a high school diploma or GED. I think that education is very important when it comes to having a job, that you should at least have basic knowledge that comes with school. Also, it talked about crime rates come from these kids. The video talked to Johnny that had got involved with the wrong crowd and ended up in jail. It showed how he went to go live with his grandmother because he could not take living in many different places.

In watching these videos I've learned that many kids live in poverty. What would be nice is that the government did more to help these kids' parents as for employment and further education. I personally feel that college should not cost as much as it does. Especially for people who really want to educate themselves and make a better life for them and their families. I think the government needs to stop raising prices on everything and making it outrageous for families to live and provided. I filled up my gas tank today and gas was almost \$3 a gallon which is the price for a gallon of milk at the local grocery store. Prices have gone up since the pandemic SNAP benefits went out which I think is unfair to families like mine that do not benefit from SNAP and pay for food out of our paycheck.

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