

The 60 minutes video really opened my eyes on the alarming number of homeless people. 16 million kids in poverty and that video was published 11 years ago, I cannot even imagine the amount it is today, especially after COVID and everything else the world has had to endure these past couple of years. It was even more alarming that 1/3 of the homeless population reside in one place, Florida. The lack and dwindling resources available only makes the situation worse. However, I also did take away that a persons perspective and optimism can really impact their outlook on life. Austin and Ariel were very positive about their situation and truly made the best of it. Instead of being mad at their father for allowing to get their house foreclosed, they were kind, helpful, and driven. Their appreciation and positivity made a bad situation better, Ariel even stated that living out of their vehicle was not something they needed to be embarrassed about, it was just part of life. More so, even with all the adversity she's had to endure at such a young age, she did not allow it to impact her in a negative way, she is still focused on school and wants to be a child defense lawyer for a career. She expressed how she wishes that fortunate children would realize how fortunate they are instead of fight and argue with their parents. One thing she said that really stuck to me was how to learn to appreciate what you have now and the relationships you have because you do not know when you could lose those things, and it can happen in an instant. I found the Brain Hero video extremely informative for myself. I have two young children and I would like to provide them with all the necessary tools to become successful adults. The ACEs video really stressed how important relationships are with our children. Everything we do and expose them to truly impacts their future selves. It is imperative that healthy interactions and exposures are established early on and maintained throughout the child/children's life. The TED talk spoke to me to the core, our children are our future and it seems that we fail a lot of them. 67% percent of the people they studied experienced at least one form of trauma. That is alarming because trauma not only affect people emotionally but also physically and mentally, and these children are out future. After watching these videos, I strive to be the nurse that makes a lasting difference.