

After watching the online videos over Poverty and ACEs I took a moment to thank God as I do every single day for the many blessings my family and I have. After I had watched the videos on my own, I decided to replay the poverty video and allow my eight and seven year old kids to watch the video as a teaching moment of the “why” we pray and give thanks for what we have. I also replayed the ACE video with Dr. Burke and watched it with my husband, and we just went down a “rabbit hole” watching more videos related to Adverse Childhood Experiences and were mind blown of how the childhood experiences Dr. Burke mentioned in her Ted Talk really do affect an individual in the long run. Some people see childhood trauma as two choices either you heal from it or let it consume you once you grow up. But according to research its not that simple, as being at a crossroad and deciding are you taking the right or left path? Constantly exposure to ACE causes a child an amount of stress in their body that they should not be dealing/living with that in the long run can/may lead to diseases such as depression or heart and lung conditions. For example the kids on the poverty video, the young girl was so mature for her age and took her living situation with such a positive attitude. I can guarantee she was living with constant stress because she had to grow up too fast. In the video they mentioned they had lost their mother at a young age, I can see her taking that motherly role of taking care of her younger sibling and taking care of her father and at the same time taking care of herself, which causes stress to the body. Watching that video reminded me of me when I was 16 and I lost my mother to cancer and everything was falling apart yet I found a way to keep myself and my siblings a float while inside I felt I was drowning.

By watching these videos I have learned that I should never forget to be vigilant when taking care of a child or any individual. I am not from the Lubbock area so I am not fully aware of the poverty line in this area, how many shelters there are in Lubbock and how many families are housed in a shelter or how many are pending to be housed. But I am willing to do the research and see if I can lend a helping hand or donate items so I can contribute to the community.

Watching these videos, also made me realize that these topics are hard to talk about because you know these problems exist all around you but actually sitting down and talking about the issue and figuring out a plan to fix it is where it becomes difficult.