

## Poverty SIM

This documentary takes place in 3 different areas of the United States with three different families living in poverty during the recession of 2012. The focus of this video was on the children who were all under the age of 15 at the time.

This video gave me waves of a multitude of emotions, mostly being sad. I personally have never had to deal with poverty in the sense these children did, but I did not always have it the easiest, which I felt thankful for after watching this. I hated seeing the children talk about how they would go hungry or didn't like seeing food on the television because it would make them hungry, and either hadn't eaten or didn't even know if they were going to get to that day. I felt bad for these kids as I feel that they had to grow up faster than they needed to and miss out on all the bliss that childhood brings due to having to step up and hold an end in their household a child normally would not when ends are able to be met. Normally children are oblivious to situations like these when parents are going through financial hardships. But, what threw me for a loop was how aware of the situation these children were and how open they were to talking about ways or even trying to do things for solutions.

There wasn't many good things that I felt from this video. But, the one thing in common I saw amongst the children interviewed, was the optimism for their futures and knowing that they wanted better for themselves and to "not end up like their parents did." It is truly heartbreaking to see what these children had to sacrifice of their childhood. Time and hardships definitely robbed them of what should have been the easiest years of their lives. Later in the documentary, it fast forwards to 2017. The kids were much more grown then, and seemed to be doing better, which lightened up the dark times per say. I feel that they were still wrapped up in the toxic environment that their parents raised them in, but there was improvement.

Mental and physical milestones are a big thing while going from being an infant all the way to adulthood. Personally, I feel like these children could possibly take these traumas into their adult lives. Even though they claimed they would do better than their parents, or want better for themselves, they are used to that lifestyle. It is unfortunate, but, one of the children ended up not even graduating high school, while another was arrested and surrounding himself with the wrong crowd. The parents can be so caught up in trying to fix things or hyper focused on what is going on with their financial instabilities, they probably forgot they had a child who needed them in ways they were not mentally capable of providing to at the time due to the stress that was going on, on their day-to-day basis.

Though we were in a recession at the time in our country, I feel like there could have been more efforts for the families to be able to bring in money. From my personal experiences, being a server at a restaurant, for example, is an easy way to bring fast cash in. The hours and work may not be ideal, but I work with single mothers who do everything on their own with no outside help and still are able to live more comfortably than these families were. The families did use some of the community resources such as the Salvation Army for housing, and the food bank for canned foods. I feel like there could have been more resources they could have used to their advantage, but the problem is not many people know about them or know how to get them. This could be related to nursing in the sense of making sure your patient is aware of all the resources outside of the hospital when considering their plan of care. The overall goal is to guide them in the ways needed to improve their everyday living. In the same sense, had these

families known of more ways to make life a bit easier for them or their children, it could have benefitted them.