WEBVTT

00:00:00.000 --> 00:00:03.039 Everybody welcome back.

00:00:03.040 --> 00:00:06.100 I'm doctor Linda Maze again and it's good to

00:00:06.100 --> 00:00:09.340 be back with you to for this next session.

00:00:09.340 --> 00:00:13.440 I hope you had a good time for a break.

00:00:13.440 --> 00:00:15.666 And I want to begin this next

00:00:15.666 --> 00:00:17.480 session with my colleagues.

00:00:17.480 --> 00:00:19.766 Net, Kendall Taylor and Lauren Tarshis

00:00:19.766 --> 00:00:22.360 where we're going to be talking about

00:00:22.360 --> 00:00:25.150 the concept of toxic stress and how we

00:00:25.150 --> 00:00:27.747 move to a more positive growth perspective.

00:00:27.750 --> 00:00:29.616 Stress is certainly something that is

00:00:29.616 --> 00:00:32.591 in all of our minds and everything that

00:00:32.591 --> 00:00:35.081 we're experiencing over these last months.

00:00:35.090 --> 00:00:37.298 And so let's let's dive in.

NOTE Confidence: 0.92778015

00:00:37.300 --> 00:00:39.178 But first I want to just

NOTE Confidence: 0.92778015

00:00:39.178 --> 00:00:41.330 tell you about my colleagues.

NOTE Confidence: 0.92778015

00:00:41.330 --> 00:00:43.988 Net, Kendall Taylor and Lauren Tarshis.

NOTE Confidence: 0.92778015

00:00:43.990 --> 00:00:45.680 I couldn't be presenting with

NOTE Confidence: 0.92778015

00:00:45.680 --> 00:00:47.750 two people that I admire more.

NOTE Confidence: 0.92778015

00:00:47.750 --> 00:00:49.668 As you, you have their BIOS in

NOTE Confidence: 0.92778015

00:00:49.668 --> 00:00:51.359 your materials and that Kendall

NOTE Confidence: 0.92778015

00:00:51.359 --> 00:00:53.374 Taylor is the Chief Executive

NOTE Confidence: 0.92778015

00:00:53.374 --> 00:00:54.583 Officer Frameworks Institute.

NOTE Confidence: 0.92778015

00:00:54.590 --> 00:00:57.110 But Nat and I have known each other

NOTE Confidence: 0.92778015

00:00:57.110 --> 00:00:59.471 for many years and I always learn

NOTE Confidence: 0.92778015

00:00:59.471 --> 00:01:01.770 every time I hear him present.

NOTE Confidence: 0.92778015

00:01:01.770 --> 00:01:04.262 So how about we can be better

NOTE Confidence: 0.92778015

00:01:04.262 --> 00:01:06.488 communicators for the issues that can

NOTE Confidence: 0.92778015

00:01:06.488 --> 00:01:09.029 we all care about and communicate in

NOTE Confidence: 0.92778015

00:01:09.099 --> 00:01:11.443 a way that the message that we hope

NOTE Confidence: 0.92778015

00:01:11.443 --> 00:01:13.680 we are sending is the message that's

NOTE Confidence: 0.92778015

00:01:13.680 --> 00:01:15.800 received and has a positive impact,

NOTE Confidence: 0.92778015

00:01:15.800 --> 00:01:18.050 especially on issues related to children.

NOTE Confidence: 0.92778015

00:01:18.050 --> 00:01:18.718 And family,

NOTE Confidence: 0.92778015

00:01:18.718 --> 00:01:21.390 so I think you're going to to both

NOTE Confidence: 0.92778015

00:01:21.468 --> 00:01:23.911 learn a lot and hear the importance

NOTE Confidence: 0.92778015

00:01:23.911 --> 00:01:26.050 of words and communication.

NOTE Confidence: 0.92778015

00:01:26.050 --> 00:01:28.717 And then we'll move to Lauren Tarshis.

NOTE Confidence: 0.92778015

00:01:28.720 --> 00:01:31.387 His biography is also in your packet.

NOTE Confidence: 0.92778015

00:01:31.390 --> 00:01:33.854 Lauren is the author of the New

NOTE Confidence: 0.92778015

00:01:33.854 --> 00:01:35.580 York Times Award winning.

NOTE Confidence: 0.92778015

00:01:35.580 --> 00:01:36.654 I survived series,

NOTE Confidence: 0.92778015

00:01:36.654 --> 00:01:39.160 but among the many people that I've

NOTE Confidence: 0.92778015

00:01:39.232 --> 00:01:41.287 met in this scholastic journey,

NOTE Confidence: 0.92778015

00:01:41.290 --> 00:01:44.272 Lauren is one of those that carries

NOTE Confidence: 0.92778015

00:01:44.272 --> 00:01:46.949 children's inner world so deeply in the

NOTE Confidence: 0.92778015

00:01:46.949 --> 00:01:49.600 way she thinks and writes an creates.

NOTE Confidence: 0.92778015

00:01:49.600 --> 00:01:51.868 Books for children that speak to

NOTE Confidence: 0.92778015

00:01:51.868 --> 00:01:54.303 the issues that are so deeply

NOTE Confidence: 0.92778015

00:01:54.303 --> 00:01:55.999 on children and families,

NOTE Confidence: 0.92778015

00:01:56.000 --> 00:01:58.178 minds and Lauren will end this

NOTE Confidence: 0.92778015

00:01:58.178 --> 00:02:00.461 session by bringing us into that

NOTE Confidence: 0.92778015

00:02:00.461 --> 00:02:02.346 format into the resilience format

NOTE Confidence: 0.92778015

00:02:02.346 --> 00:02:05.199 and how one thinks about resilience.

NOTE Confidence: 0.92778015

00:02:05.200 --> 00:02:06.778 Very, very important,

NOTE Confidence: 0.92778015

00:02:06.778 --> 00:02:09.934 especially in these times where our

NOTE Confidence: 0.92778015

00:02:09.934 --> 00:02:12.558 communities are so are so stressed

NOTE Confidence: 0.92778015

00:02:12.558 --> 00:02:14.578 an facing so much uncertainty.

NOTE Confidence: 0.92778015

00:02:14.580 --> 00:02:16.722 My task in the next few minutes

NOTE Confidence: 0.92778015

00:02:16.722 --> 00:02:19.636 is to bring you into the topic of

NOTE Confidence: 0.92778015

00:02:19.636 --> 00:02:21.849 toxic stress affrays, by the way,

NOTE Confidence: 0.92778015

00:02:21.849 --> 00:02:23.967 that our colleagues at frameworks and

NOTE Confidence: 0.92778015

00:02:23.967 --> 00:02:26.496 I'm just going to turn on the light

NOTE Confidence: 0.92778015

00:02:26.496 --> 00:02:29.067 that may make it slightly more yellow,

NOTE Confidence: 0.92778015

00:02:29.070 --> 00:02:31.282 but not quite as dark topic that

NOTE Confidence: 0.92778015

00:02:31.282 --> 00:02:33.004 our colleagues at frameworks on

NOTE Confidence: 0.92778015

00:02:33.004 --> 00:02:35.128 actually help a phrase that they

NOTE Confidence: 0.92778015

00:02:35.128 --> 00:02:36.659 helped to create Amen.

NOTE Confidence: 0.92778015

00:02:36.660 --> 00:02:38.690 It's a phrase that's very much in

NOTE Confidence: 0.92778015

00:02:38.690 --> 00:02:41.149 the now in the popular literature.

NOTE Confidence: 0.92778015

00:02:41.150 --> 00:02:45.455 If I could have the next slide.

NOTE Confidence: 0.92778015

00:02:45.460 --> 00:02:48.197 I want to breast stress three points,

NOTE Confidence: 0.92778015

00:02:48.200 --> 00:02:51.134 three key ideas about stress and

NOTE Confidence: 0.92778015

00:02:51.134 --> 00:02:54.160 resilience in the first is that

NOTE Confidence: 0.92778015

00:02:54.160 --> 00:02:55.627 stress is normative.

NOTE Confidence: 0.92778015

00:02:55.630 --> 00:02:58.185 And as much as it our communities

NOTE Confidence: 0.92778015

00:02:58.185 --> 00:03:01.248 and our families in our in us as

NOTE Confidence: 0.92778015

00:03:01.248 --> 00:03:03.143 individuals are stressed these days,

NOTE Confidence: 0.92778015

00:03:03.150 --> 00:03:05.406 it is built into our biology.

NOTE Confidence: 0.92778015

00:03:05.410 --> 00:03:06.942 It is absolutely essential.

NOTE Confidence: 0.92778015

00:03:06.942 --> 00:03:09.240 It is essential to responding to

NOTE Confidence: 0.92778015

00:03:09.310 --> 00:03:11.416 danger and uncertainty and it is.

NOTE Confidence: 0.8879938

00:03:11.420 --> 00:03:13.725 It is absolutely normative and

NOTE Confidence: 0.8879938

00:03:13.725 --> 00:03:16.030 their capacities and our systems

NOTE Confidence: 0.8879938

00:03:16.103 --> 00:03:18.805 developed in the first years of life.

NOTE Confidence: 0.8879938

00:03:18.810 --> 00:03:20.286 The second point,

NOTE Confidence: 0.8879938

00:03:20.286 --> 00:03:23.238 key point is about toxic stress.

NOTE Confidence: 0.8879938

00:03:23.240 --> 00:03:26.072 Toxic stress is not about the amount of

NOTE Confidence: 0.8879938

00:03:26.072 --> 00:03:28.798 stress that an individuals experiencing,

NOTE Confidence: 0.8879938

00:03:28.800 --> 00:03:32.224 but about the bodies response to that stress,

NOTE Confidence: 0.8879938

00:03:32.230 --> 00:03:35.386 and in that relationships are key.

NOTE Confidence: 0.8879938

00:03:35.390 --> 00:03:37.570 And we'll talk about that.

NOTE Confidence: 0.8879938

00:03:37.570 --> 00:03:40.132 And within that I want you to

NOTE Confidence: 0.8879938

00:03:40.132 --> 00:03:42.056 actually think about not that

NOTE Confidence: 0.8879938

00:03:42.056 --> 00:03:44.306 toxic stress leads to a deficit.

NOTE Confidence: 0.8879938

00:03:44.310 --> 00:03:45.426 Or our damage,

NOTE Confidence: 0.8879938

00:03:45.426 --> 00:03:47.658 though we may talk about that,

NOTE Confidence: 0.8879938

00:03:47.660 --> 00:03:50.278 but it actually in the moment is

NOTE Confidence: 0.8879938

00:03:50.278 --> 00:03:52.710 an adaptation to the environment.

NOTE Confidence: 0.8879938

00:03:52.710 --> 00:03:55.200 And so be thinking about what

NOTE Confidence: 0.8879938

00:03:55.200 --> 00:03:56.860 our current environment is.

NOTE Confidence: 0.8879938

00:03:56.860 --> 00:04:00.570 And the third key point is adaptation.

NOTE Confidence: 0.8879938

00:04:00.570 --> 00:04:02.090 We're all normatively vulnerable

NOTE Confidence: 0.8879938

00:04:02.090 --> 00:04:03.610 were all normativity vulnerable

NOTE Confidence: 0.8879938

00:04:03.610 --> 00:04:05.080 to shifting environments,

NOTE Confidence: 0.8879938

00:04:05.080 --> 00:04:08.044 and we learn how to respond

NOTE Confidence: 0.8879938

00:04:08.044 --> 00:04:09.526 to our environments?

NOTE Confidence: 0.8879938

00:04:09.530 --> 00:04:11.534 Think about how you've all learned

NOTE Confidence: 0.8879938

00:04:11.534 --> 00:04:14.559 and all of us have learned to respond

NOTE Confidence: 0.8879938

00:04:14.559 --> 00:04:16.983 to social distancing and how we've

NOTE Confidence: 0.8879938

00:04:17.054 --> 00:04:19.840 learned to respond to working from home.

NOTE Confidence: 0.8879938

00:04:19.840 --> 00:04:22.246 How we've learned to respond to

NOTE Confidence: 0.8879938

00:04:22.246 --> 00:04:24.300 this environment of speaking over

NOTE Confidence: 0.8879938

00:04:24.300 --> 00:04:26.205 a virtual platform when we're

NOTE Confidence: 0.8879938

00:04:26.205 --> 00:04:28.482 very social beings and very much

NOTE Confidence: 0.8879938

00:04:28.482 --> 00:04:30.534 used to being with one another.

NOTE Confidence: 0.8879938

00:04:30.540 --> 00:04:32.832 We all learn how to respond

NOTE Confidence: 0.8879938

00:04:32.832 --> 00:04:33.978 to our environments.

NOTE Confidence: 0.8879938

00:04:33.980 --> 00:04:37.418 They may take our biology some time to adapt,

NOTE Confidence: 0.8879938

00:04:37.420 --> 00:04:39.004 but adaptation is key.

NOTE Confidence: 0.8879938

00:04:39.004 --> 00:04:40.588 And it's absolutely key

NOTE Confidence: 0.8879938

00:04:40.588 --> 00:04:42.878 to the idea of resilience.

NOTE Confidence: 0.8879938

00:04:42.880 --> 00:04:45.245 How you can more flexibly

NOTE Confidence: 0.8879938

00:04:45.245 --> 00:04:47.137 adapt to new environments.

NOTE Confidence: 0.8879938

00:04:47.140 --> 00:04:48.238 I could have a next line.

NOTE Confidence: 0.8902653

00:04:50.650 --> 00:04:53.366 Suggest to the first point the stress

NOTE Confidence: 0.8902653

00:04:53.366 --> 00:04:55.250 response is absolutely normative.

NOTE Confidence: 0.8902653

00:04:55.250 --> 00:04:57.637 It's about the brain and the body's

NOTE Confidence: 0.8902653

00:04:57.637 --> 00:05:00.259 response to a threatening situation.

NOTE Confidence: 0.8902653

00:05:00.260 --> 00:05:04.740 And if you imagine what's happening now.

NOTE Confidence: 0.8902653

00:05:04.740 --> 00:05:07.452 There's been a lot of alarm

NOTE Confidence: 0.8902653

00:05:07.452 --> 00:05:09.260 signals in our communities.

NOTE Confidence: 0.8902653

00:05:09.260 --> 00:05:11.440 The sound of ambulances through

NOTE Confidence: 0.8902653

00:05:11.440 --> 00:05:14.230 the day and in the night.

NOTE Confidence: 0.8902653

00:05:14.230 --> 00:05:17.846 The images on the news, the images of

NOTE Confidence: 0.8902653

00:05:17.846 --> 00:05:21.010 people waiting in long lines for food.

NOTE Confidence: 0.8902653

00:05:21.010 --> 00:05:23.270 The images of very tired

NOTE Confidence: 0.8902653

00:05:23.270 --> 00:05:24.174 healthcare professionals.

NOTE Confidence: 0.8902653

00:05:24.180 --> 00:05:26.712 All those are threatening signals that

NOTE Confidence: 0.8902653

00:05:26.712 --> 00:05:29.600 may activate our body stress response.

NOTE Confidence: 0.8902653

00:05:29.600 --> 00:05:32.864 It makes us feel as if there is

NOTE Confidence: 0.8902653

00:05:32.864 --> 00:05:35.988 something that is potentially dangerous.

NOTE Confidence: 0.8902653

00:05:35.990 --> 00:05:38.348 But if you don't have it,

NOTE Confidence: 0.8902653

00:05:38.350 --> 00:05:41.094 we wouldn't actually survive as a species.

NOTE Confidence: 0.8902653

00:05:41.100 --> 00:05:43.060 It alerts us its normative.

NOTE Confidence: 0.8902653

00:05:43.060 --> 00:05:45.358 It's with us.

NOTE Confidence: 0.8902653

00:05:45.360 --> 00:05:48.488 And if I could have the next slide.

NOTE Confidence: 0.8902653

00:05:48.490 --> 00:05:50.154 Just as a graphics,

NOTE Confidence: 0.8902653

00:05:50.154 --> 00:05:52.650 there is a brain architecture built

NOTE Confidence: 0.8902653

00:05:52.732 --> 00:05:55.228 into our biology into our brain

NOTE Confidence: 0.8902653

00:05:55.228 --> 00:05:57.580 is a brain architecture of fear,

NOTE Confidence: 0.8902653

00:05:57.580 --> 00:05:59.600 response and threat detection.

NOTE Confidence: 0.8902653

00:05:59.600 --> 00:06:02.125 And using the phrase architecture,

NOTE Confidence: 0.8902653

00:06:02.130 --> 00:06:06.230 you might think of this is this is like the.

NOTE Confidence: 0.8902653

00:06:06.230 --> 00:06:09.920 This is like the circuit panel in your house.

NOTE Confidence: 0.8902653

00:06:09.920 --> 00:06:13.035 This is what alerts you to the

NOTE Confidence: 0.8902653

00:06:13.035 --> 00:06:15.379 uncertain dressing situations in your

NOTE Confidence: 0.8902653

00:06:15.379 --> 00:06:17.247 environment and this architecture

NOTE Confidence: 0.8902653

00:06:17.247 --> 00:06:20.230 develops in the first years of life.

NOTE Confidence: 0.8902653

00:06:20.230 --> 00:06:21.610 But I'm the next slide.

NOTE Confidence: 0.890881

00:06:24.110 --> 00:06:26.896 And if you could just press through.

NOTE Confidence: 0.890881

00:06:26.900 --> 00:06:30.392 So learning how to cope with

NOTE Confidence: 0.890881

00:06:30.392 --> 00:06:32.138 moderate shortliffe stress.

NOTE Confidence: 0.890881

00:06:32.140 --> 00:06:35.536 Bill so healthy stress response system.

NOTE Confidence: 0.890881

00:06:35.540 --> 00:06:38.644 So it's not just that exposure to any

NOTE Confidence: 0.890881

00:06:38.644 --> 00:06:42.158 stress is bad or detrimental for the body,

NOTE Confidence: 0.890881

00:06:42.160 --> 00:06:44.650 it's actually learn exposure to stress.

NOTE Confidence: 0.890881

00:06:44.650 --> 00:06:46.715 Some short lived stress short

NOTE Confidence: 0.890881

00:06:46.715 --> 00:06:48.367 lived uncertainty is good.

NOTE Confidence: 0.890881

00:06:48.370 --> 00:06:50.440 It's like becoming more fit.

NOTE Confidence: 0.890881

00:06:50.440 --> 00:06:52.280 It's like learning how to

NOTE Confidence: 0.890881

00:06:52.280 --> 00:06:53.752 respond and developing then

NOTE Confidence: 0.890881

00:06:53.752 --> 00:06:55.828 an adaptation to situations.

NOTE Confidence: 0.890881

00:06:55.830 --> 00:07:00.254 It bills a kind of stress response fitness.

NOTE Confidence: 0.890881

00:07:00.260 --> 00:07:01.220 To the next slide.

NOTE Confidence: 0.875917954

00:07:03.310 --> 00:07:05.622 Next line. And just.

NOTE Confidence: 0.875917954

00:07:05.622 --> 00:07:09.090 There's the first then key points.

NOTE Confidence: 0.875917954

00:07:09.090 --> 00:07:10.714 Is that this brain

NOTE Confidence: 0.875917954

00:07:10.714 --> 00:07:12.744 architecture all of the brain,

NOTE Confidence: 0.875917954

00:07:12.750 --> 00:07:14.738 but especially this architecture

NOTE Confidence: 0.875917954

00:07:14.738 --> 00:07:17.223 about stress response as established

NOTE Confidence: 0.875917954

00:07:17.223 --> 00:07:20.165 very early in life and it supports

NOTE Confidence: 0.875917954

00:07:20.165 --> 00:07:22.290 lifelong learning behavior in health.

NOTE Confidence: 0.875917954

00:07:22.290 --> 00:07:25.097 And the second point is that stable,

NOTE Confidence: 0.875917954

00:07:25.100 --> 00:07:25.938 caring relationships?

NOTE Confidence: 0.875917954

00:07:25.938 --> 00:07:28.871 That are based in a kind of

NOTE Confidence: 0.875917954

00:07:28.871 --> 00:07:31.129 serve and return interaction.

NOTE Confidence: 0.875917954

00:07:31.130 --> 00:07:33.130 That is the child's something

NOTE Confidence: 0.875917954

00:07:33.130 --> 00:07:34.330 the parent responds.

NOTE Confidence: 0.875917954

00:07:34.330 --> 00:07:35.930 The adult says something,

NOTE Confidence: 0.875917954

00:07:35.930 --> 00:07:38.330 the child responds back and forth.

NOTE Confidence: 0.875917954

00:07:38.330 --> 00:07:40.230 That's the interactions that shape

NOTE Confidence: 0.875917954

00:07:40.230 --> 00:07:42.618 this developing brain and all about

NOTE Confidence: 0.875917954

00:07:42.618 --> 00:07:44.326 this early brain architecture.

NOTE Confidence: 0.875917954

00:07:44.330 --> 00:07:46.864 Think of it as the foundation of

NOTE Confidence: 0.875917954

00:07:46.864 --> 00:07:49.983 a house is key to then all the

NOTE Confidence: 0.875917954

00:07:49.983 --> 00:07:52.454 later things that we often think

NOTE Confidence: 0.875917954

00:07:52.454 --> 00:07:55.130 about in terms of Child Health,

NOTE Confidence: 0.875917954

00:07:55.130 --> 00:07:56.462 Education, economic productivity,

NOTE Confidence: 0.875917954

00:07:56.462 --> 00:07:58.238 living in the SoC.

NOTE Confidence: 0.875917954

00:07:58.240 --> 00:07:59.824 And especially lifelong health.

NOTE Confidence: 0.875917954

00:07:59.824 --> 00:08:02.200 I can have the next slide.

NOTE Confidence: 0.73227274

00:08:04.590 --> 00:08:08.706 And just just ask through yes.

NOTE Confidence: 0.73227274

00:08:08.710 --> 00:08:11.146 Key point is that brains are actually

NOTE Confidence: 0.73227274

00:08:11.146 --> 00:08:13.224 built overtime and they start in

NOTE Confidence: 0.73227274

00:08:13.224 --> 00:08:15.162 the earliest years of life with

NOTE Confidence: 0.73227274

00:08:15.162 --> 00:08:17.227 simple skills coming online first,

NOTE Confidence: 0.73227274

00:08:17.230 --> 00:08:19.646 and you can see in the graphic with

NOTE Confidence: 0.73227274

00:08:19.646 --> 00:08:22.649 the red and the blue and the yellow

NOTE Confidence: 0.73227274

00:08:22.649 --> 00:08:24.690 lines that sensory pathways first,

NOTE Confidence: 0.73227274

00:08:24.690 --> 00:08:26.460 then language and then higher

NOTE Confidence: 0.73227274

00:08:26.460 --> 00:08:27.168 order functions.

NOTE Confidence: 0.73227274

00:08:27.170 --> 00:08:28.975 But this architecture is built

NOTE Confidence: 0.73227274

00:08:28.975 --> 00:08:31.171 and layered just like you would

NOTE Confidence: 0.73227274

00:08:31.171 --> 00:08:32.781 layer house from the foundation

NOTE Confidence: 0.73227274

00:08:32.781 --> 00:08:34.979 up in all of these skills,

NOTE Confidence: 0.73227274

00:08:34.980 --> 00:08:37.128 especially those for responding to the

NOTE Confidence: 0.73227274

00:08:37.128 --> 00:08:39.740 stress in our world are coming online.

NOTE Confidence: 0.73227274

00:08:39.740 --> 00:08:40.748 Pretty early,

NOTE Confidence: 0.73227274

00:08:40.748 --> 00:08:42.764 and having this foundation

NOTE Confidence: 0.73227274

00:08:42.764 --> 00:08:45.786 improves the odds for a much

NOTE Confidence: 0.73227274

00:08:45.786 --> 00:08:47.630 better outcome in children.

NOTE Confidence: 0.73227274

00:08:47.630 --> 00:08:48.458 So next line.

NOTE Confidence: 0.884898

00:08:51.630 --> 00:08:54.987 And just to emphasize a bit more about this,

NOTE Confidence: 0.884898

00:08:54.990 --> 00:08:57.378 serve and return nature of human

NOTE Confidence: 0.884898

00:08:57.378 --> 00:08:59.710 interaction through these sets of pictures

NOTE Confidence: 0.884898

00:08:59.710 --> 00:09:02.069 doesn't just have to be with adults.

NOTE Confidence: 0.884898

00:09:02.070 --> 00:09:03.465 Social interactions are

NOTE Confidence: 0.884898

00:09:03.465 --> 00:09:05.325 about serve and return.

NOTE Confidence: 0.884898

00:09:05.330 --> 00:09:07.500 There about giving and receiving,

NOTE Confidence: 0.884898

00:09:07.500 --> 00:09:10.230 and indeed I think one of the

NOTE Confidence: 0.884898

00:09:10.230 --> 00:09:11.889 enormous stressors the current

NOTE Confidence: 0.884898

00:09:11.889 --> 00:09:14.773 pandemic is that we've had a very

NOTE Confidence: 0.884898

00:09:14.773 --> 00:09:17.479 different way of socially interacting,

NOTE Confidence: 0.884898

00:09:17.480 --> 00:09:19.650 very different now children have.

NOTE Confidence: 0.884898

00:09:19.650 --> 00:09:22.254 If all has gone well been

NOTE Confidence: 0.884898

00:09:22.254 --> 00:09:23.556 within their families,

NOTE Confidence: 0.884898

00:09:23.560 --> 00:09:26.032 but broader groups and the classroom

NOTE Confidence: 0.884898

00:09:26.032 --> 00:09:28.330 with peers have been changed.

NOTE Confidence: 0.884898

00:09:28.330 --> 00:09:31.144 So the nature of human interaction is

NOTE Confidence: 0.884898

00:09:31.144 --> 00:09:33.968 very different in the current pandemic,

NOTE Confidence: 0.884898

00:09:33.970 --> 00:09:35.152 but it is.

NOTE Confidence: 0.884898

00:09:35.152 --> 00:09:37.122 These early serving return skills

NOTE Confidence: 0.884898

00:09:37.122 --> 00:09:39.773 that are that are key to the

NOTE Confidence: 0.884898

00:09:39.773 --> 00:09:41.558 building of a healthy brain.

NOTE Confidence: 0.884898

00:09:41.560 --> 00:09:42.409 The next slide.

NOTE Confidence: 0.8548045

00:09:45.750 --> 00:09:48.130 So young children naturally reach

NOTE Confidence: 0.8548045

00:09:48.130 --> 00:09:50.510 out through the various gestures,

NOTE Confidence: 0.8548045

00:09:50.510 --> 00:09:53.366 expressions, and adults respond in kind.

NOTE Confidence: 0.8548045

00:09:53.370 --> 00:09:57.267 That's what serve in return is a key to

NOTE Confidence: 0.8548045

00:09:57.267 --> 00:10:00.650 developing very healthy brain arkatech Sure,

NOTE Confidence: 0.8548045

00:10:00.650 --> 00:10:04.094 for responding to stress and uncertainty are

NOTE Confidence: 0.8548045

00:10:04.094 --> 00:10:07.170 systems that support early relationships,

NOTE Confidence: 0.8548045

00:10:07.170 --> 00:10:09.880 childcare systems, communities and homes,

NOTE Confidence: 0.8548045

00:10:09.880 --> 00:10:12.680 and it always interventions

NOTE Confidence: 0.8548045

00:10:12.680 --> 00:10:15.480 that support this development.

NOTE Confidence: 0.8548045

00:10:15.480 --> 00:10:18.752 You might ask what's happened in these last

NOTE Confidence: 0.8548045

00:10:18.752 --> 00:10:22.178 five and a half months with the pandemic,

NOTE Confidence: 0.8548045

00:10:22.180 --> 00:10:24.502 and they're actually a number of

NOTE Confidence: 0.8548045

00:10:24.502 --> 00:10:27.304 these social systems that are key to

NOTE Confidence: 0.8548045

00:10:27.304 --> 00:10:29.274 supporting the quality of relationships

NOTE Confidence: 0.8548045

00:10:29.274 --> 00:10:31.399 had been seriously impacted.

NOTE Confidence: 0.8548045

00:10:31.400 --> 00:10:33.300 Services that for families that

NOTE Confidence: 0.8548045

00:10:33.300 --> 00:10:35.750 support this kind of serve and

NOTE Confidence: 0.8548045

00:10:35.750 --> 00:10:37.686 return building healthy children.

NOTE Confidence: 0.8548045

00:10:37.690 --> 00:10:39.795 Healthy brains have been seriously

NOTE Confidence: 0.8548045

00:10:39.795 --> 00:10:42.300 impacted by the pandemic next line.

NOTE Confidence: 0.86760795

00:10:44.540 --> 00:10:47.609 So I want to turn them to toxic stress.

NOTE Confidence: 0.86760795

00:10:47.610 --> 00:10:49.644 And to emphasize that this is

NOTE Confidence: 0.86760795

00:10:49.644 --> 00:10:51.000 about the bodies response.

NOTE Confidence: 0.86760795

00:10:51.000 --> 00:10:53.317 It's not about the events and again

NOTE Confidence: 0.86760795

00:10:53.317 --> 00:10:54.730 serving return relationships matter,

NOTE Confidence: 0.86760795

00:10:54.730 --> 00:10:57.772 so if you could go to the next slide.

NOTE Confidence: 0.8511113

00:11:01.390 --> 00:11:04.169 And just through we tend to think

NOTE Confidence: 0.8511113

00:11:04.169 --> 00:11:06.579 about stress on in three ways.

NOTE Confidence: 0.8511113

00:11:06.580 --> 00:11:08.575 One is positive, those brief

NOTE Confidence: 0.8511113

00:11:08.575 --> 00:11:10.570 increases and your heart rate.

NOTE Confidence: 0.8511113

00:11:10.570 --> 00:11:12.560 So you're about to do

NOTE Confidence: 0.8511113

00:11:12.560 --> 00:11:14.152 something new or different.

NOTE Confidence: 0.8511113

00:11:14.160 --> 00:11:16.946 Take a test, do an athletic event.

NOTE Confidence: 0.8511113

00:11:16.950 --> 00:11:19.846 Meet someone knew all of those kind of

NOTE Confidence: 0.8511113

00:11:19.846 --> 00:11:22.571 positive or very brief stressors that you

NOTE Confidence: 0.8511113

00:11:22.571 --> 00:11:25.729 are aware that you're a little stressed.

NOTE Confidence: 0.8511113

00:11:25.730 --> 00:11:28.124 But if that it's positive you

NOTE Confidence: 0.8511113

00:11:28.124 --> 00:11:29.720 learn from the experience,

NOTE Confidence: 0.8511113

00:11:29.720 --> 00:11:32.576 you learn that you can master it.

NOTE Confidence: 0.8511113

00:11:32.580 --> 00:11:35.196 You learn it wasn't so bad.

NOTE Confidence: 0.8511113

00:11:35.200 --> 00:11:38.644 Tolerable stress can be quite serious loss,

NOTE Confidence: 0.8511113

00:11:38.650 --> 00:11:41.772 and Heaven knows that's happening a great

NOTE Confidence: 0.8511113

00:11:41.772 --> 00:11:45.550 deal in the current current kovid world.

NOTE Confidence: 0.8511113

00:11:45.550 --> 00:11:47.586 But the key point,

NOTE Confidence: 0.8511113

00:11:47.586 --> 00:11:49.622 intolerable stresses it's buffered

NOTE Confidence: 0.8511113

00:11:49.622 --> 00:11:51.780 by supportive relationships.

19

00:11:51.780 --> 00:11:54.462 That there's a tremendous amount of

00:11:54.462 --> 00:11:56.740 uncertainty around you worry about.

00:11:56.740 --> 00:11:59.897 Worry about the health of your family,

00:11:59.900 --> 00:12:02.854 but that you have people with you

00:12:02.854 --> 00:12:06.476 as a child who can explain the world

00:12:06.476 --> 00:12:10.270 and try an buffer you from the world.

00:12:10.270 --> 00:12:12.525 Toxic stress becomes where those

00:12:12.525 --> 00:12:14.780 same serious stressors are prolonged.

00:12:14.780 --> 00:12:17.084 Activation of that stress system that

00:12:17.084 --> 00:12:19.832 I touched on but without protective

00:12:19.832 --> 00:12:22.108 relationships that your left.

00:12:22.110 --> 00:12:24.324 As a child with that continued

00:12:24.324 --> 00:12:26.661 activation of the stress response system

00:12:26.661 --> 00:12:29.426 without someone to buffer it for you,

00:12:29.430 --> 00:12:31.350 that's when it becomes toxic.

00:12:31.350 --> 00:12:33.275 When it's the prolonged activation

NOTE Confidence: 0.8511113

00:12:33.275 --> 00:12:34.430 of our bodies,

NOTE Confidence: 0.8511113

00:12:34.430 --> 00:12:36.325 biology and chemistry and the

NOTE Confidence: 0.8511113

00:12:36.325 --> 00:12:38.670 effect then on the developing brain,

NOTE Confidence: 0.8511113

00:12:38.670 --> 00:12:40.980 I could have the next slide.

NOTE Confidence: 0.93331915

00:12:43.940 --> 00:12:47.674 Next line. So then a third

NOTE Confidence: 0.93331915

00:12:47.674 --> 00:12:49.418 core concept of development,

NOTE Confidence: 0.93331915

00:12:49.420 --> 00:12:51.705 child development as toxic stress

NOTE Confidence: 0.93331915

00:12:51.705 --> 00:12:55.055 in the early years of life where

NOTE Confidence: 0.93331915

00:12:55.055 --> 00:12:57.983 there is the serious stressors loss.

NOTE Confidence: 0.93331915

00:12:57.990 --> 00:13:02.650 Family homeless. Abuse or neglect.

NOTE Confidence: 0.93331915

00:13:02.650 --> 00:13:04.790 Parental alcoholism or drug abuse.

NOTE Confidence: 0.93331915

00:13:04.790 --> 00:13:06.920 The serious kinds of stressors

NOTE Confidence: 0.93331915

00:13:06.920 --> 00:13:08.198 that impair adults.

NOTE Confidence: 0.93331915

00:13:08.200 --> 00:13:11.805 Ability to do that, serve and return.

NOTE Confidence: 0.93331915

00:13:11.810 --> 00:13:14.370 Can also derail healthy development

NOTE Confidence: 0.93331915

00:13:14.370 --> 00:13:16.930 by impacting this early foundation

NOTE Confidence: 0.93331915

00:13:17.003 --> 00:13:19.267 for healthy brain architecture.

NOTE Confidence: 0.93331915

00:13:19.270 --> 00:13:20.340 Next line.

NOTE Confidence: 0.8763012

00:13:23.300 --> 00:13:25.393 And this says what I've just actually

NOTE Confidence: 0.8763012

00:13:25.393 --> 00:13:27.309 said that the excessive prolonged

NOTE Confidence: 0.8763012

00:13:27.309 --> 00:13:29.213 activation of stress response

NOTE Confidence: 0.8763012

00:13:29.213 --> 00:13:31.117 leads to long-term disruptions,

NOTE Confidence: 0.8763012

00:13:31.120 --> 00:13:33.080 not just in brain architecture,

NOTE Confidence: 0.8763012

00:13:33.080 --> 00:13:35.030 but in our immune system.

NOTE Confidence: 0.8763012

00:13:35.030 --> 00:13:36.862 In our metabolic system,

NOTE Confidence: 0.8763012

00:13:36.862 --> 00:13:39.152 and even in heart and

NOTE Confidence: 0.8763012

00:13:39.152 --> 00:13:40.370 cardiovascular function.

NOTE Confidence: 0.8763012

00:13:40.370 --> 00:13:43.130 And toxic stress associated with poverty,

NOTE Confidence: 0.8763012

00:13:43.130 --> 00:13:44.050 neglect, abuse.

NOTE Confidence: 0.8763012

00:13:44.050 --> 00:13:46.810 What profoundly what's important is Sevier.

NOTE Confidence: 0.8763012

00:13:46.810 --> 00:13:49.075 Family disruption has long term

NOTE Confidence: 0.8763012

00:13:49.075 --> 00:13:52.329 consequences as shown in the next slides.

NOTE Confidence: 0.86747617

00:13:54.610 --> 00:13:57.786 And we tend to think about that early.

NOTE Confidence: 0.86747617

00:13:57.790 --> 00:14:00.934 Toxic stress embeds itself in the body and

NOTE Confidence: 0.86747617

00:14:00.934 --> 00:14:04.458 in our biology across then the lifespan.

NOTE Confidence: 0.86747617

00:14:04.460 --> 00:14:06.600 Where there's disruptions in

NOTE Confidence: 0.86747617

00:14:06.600 --> 00:14:09.282 number of systems, the brain,

NOTE Confidence: 0.86747617

00:14:09.282 --> 00:14:12.498 the immune system, heart and that's

NOTE Confidence: 0.86747617

00:14:12.498 --> 00:14:15.714 expressed in variety of early diseases,

NOTE Confidence: 0.86747617

00:14:15.720 --> 00:14:19.200 low educational achievement in the sense

NOTE Confidence: 0.86747617

00:14:19.200 --> 00:14:22.992 that individuals may not because of a

NOTE Confidence: 0.86747617

00:14:22.992 --> 00:14:27.340 range of health issues, not necessarily.

NOTE Confidence: 0.86747617

00:14:27.340 --> 00:14:29.500 Get the education they need.

NOTE Confidence: 0.86747617

00:14:29.500 --> 00:14:30.724 There's health threatening

NOTE Confidence: 0.86747617

00:14:30.724 --> 00:14:31.948 behaviors by again,

NOTE Confidence: 0.86747617

00:14:31.950 --> 00:14:34.554 not really having all the resources

NOTE Confidence: 0.86747617

00:14:34.554 --> 00:14:37.703 that they need so that early toxic

NOTE Confidence: 0.86747617

00:14:37.703 --> 00:14:40.797 stress can beds itself in the biology

NOTE Confidence: 0.86747617

00:14:40.886 --> 00:14:43.506 and then has widespread effects.

NOTE Confidence: 0.86747617

00:14:43.510 --> 00:14:44.938 We could go to the next line.

NOTE Confidence: 0.9075947

00:14:47.810 --> 00:14:51.268 Next slide. So then the question is,

NOTE Confidence: 0.9075947

00:14:51.268 --> 00:14:54.306 that's a pretty grim while presenting it.

NOTE Confidence: 0.9075947

00:14:54.310 --> 00:14:56.926 That that there are stressors that

NOTE Confidence: 0.9075947

00:14:56.926 --> 00:14:59.100 impact children in profound ways.

NOTE Confidence: 0.9075947

00:14:59.100 --> 00:15:01.660 If there aren't supportive

NOTE Confidence: 0.9075947

00:15:01.660 --> 00:15:03.580 relationships around them.

NOTE Confidence: 0.9075947

00:15:03.580 --> 00:15:05.650 And then it sets the tone.

NOTE Confidence: 0.9075947

00:15:05.650 --> 00:15:07.895 It sets the biology for

NOTE Confidence: 0.9075947

00:15:07.895 --> 00:15:10.140 the rest of their life.

NOTE Confidence: 0.9075947

00:15:10.140 --> 00:15:13.610 Is what what about adaptation?

NOTE Confidence: 0.9075947

00:15:13.610 --> 00:15:15.866 So a way to think about toxic stress,

NOTE Confidence: 0.9075947

00:15:15.870 --> 00:15:17.280 and as I said earlier,

NOTE Confidence: 0.9075947

00:15:17.280 --> 00:15:19.908 that it's not a deficit as much as a

NOTE Confidence: 0.9075947

00:15:19.908 --> 00:15:22.467 way of adapting to an environment.

NOTE Confidence: 0.9075947

00:15:22.470 --> 00:15:25.440 So if you have had an

NOTE Confidence: 0.9075947

00:15:25.440 --> 00:15:26.925 early environment where.

NOTE Confidence: 0.9075947

00:15:26.930 --> 00:15:28.885 There aren't boat serve and

NOTE Confidence: 0.9075947

00:15:28.885 --> 00:15:30.840 return those adults around you

NOTE Confidence: 0.9075947

00:15:30.911 --> 00:15:33.065 that you're always on the alert.

NOTE Confidence: 0.9075947

00:15:33.070 --> 00:15:35.380 Your hyper, your biology is hyperactivated.

NOTE Confidence: 0.9075947

00:15:35.380 --> 00:15:38.166 You're going to be then responding to

NOTE Confidence: 0.9075947

00:15:38.166 --> 00:15:39.989 subsequent environments in that way.

NOTE Confidence: 0.9075947

00:15:39.990 --> 00:15:41.910 'cause That's how you've responded,

NOTE Confidence: 0.9075947

00:15:41.910 --> 00:15:43.795 learned to the environment that

NOTE Confidence: 0.9075947

00:15:43.795 --> 00:15:46.365 you wear when you were developing

NOTE Confidence: 0.9075947

00:15:46.365 --> 00:15:48.198 this brain architecture.

NOTE Confidence: 0.9075947

00:15:48.200 --> 00:15:50.198 And that later response may not

NOTE Confidence: 0.9075947

00:15:50.198 --> 00:15:52.305 be adaptive to that it that

NOTE Confidence: 0.9075947

00:15:52.305 --> 00:15:54.075 new environment that you have.

NOTE Confidence: 0.9075947

00:15:54.080 --> 00:15:56.145 And so how do we then guarantee

NOTE Confidence: 0.9075947

00:15:56.145 --> 00:15:58.354 and help children begin to adapt

NOTE Confidence: 0.9075947

00:15:58.354 --> 00:15:59.617 to subsequent environments,

NOTE Confidence: 0.9075947

00:15:59.620 --> 00:16:01.828 even if they've had this early

NOTE Confidence: 0.9075947

00:16:01.828 --> 00:16:04.300 impact on their brain architecture?

NOTE Confidence: 0.9075947

00:16:04.300 --> 00:16:05.506 Could we have the next slide?

NOTE Confidence: 0.9077534

00:16:07.910 --> 00:16:09.770 Some children are more

NOTE Confidence: 0.9077534

00:16:09.770 --> 00:16:11.165 susceptible than others.

NOTE Confidence: 0.9077534

00:16:11.170 --> 00:16:13.786 But importantly, other adults such as

NOTE Confidence: 0.9077534

00:16:13.786 --> 00:16:16.940 teachers such as more extended families,

NOTE Confidence: 0.9077534

00:16:16.940 --> 00:16:18.948 conserva, buffering, caring, role,

NOTE Confidence: 0.9077534

00:16:18.948 --> 00:16:22.939 even after these early kinds of events that

NOTE Confidence: 0.9077534

00:16:22.939 --> 00:16:26.075 help children learn new ways of adapting.

NOTE Confidence: 0.9077534

00:16:26.080 --> 00:16:27.388 And also importantly,

NOTE Confidence: 0.9077534

00:16:27.388 --> 00:16:29.568 there is a tremendous capacity

NOTE Confidence: 0.9077534

00:16:29.568 --> 00:16:31.849 to repair across development,

NOTE Confidence: 0.9077534

00:16:31.850 --> 00:16:34.198 tremendous capacity and early

NOTE Confidence: 0.9077534

00:16:34.198 --> 00:16:37.133 interventions can make a difference.

NOTE Confidence: 0.9077534

00:16:37.140 --> 00:16:40.130 Next slide.

NOTE Confidence: 0.9077534

00:16:40.130 --> 00:16:43.166 So metaphor created by our colleagues

NOTE Confidence: 0.9077534

00:16:43.166 --> 00:16:45.639 at frameworks around resilience or

NOTE Confidence: 0.9077534

00:16:45.639 --> 00:16:48.208 what we might call tipping the scale.

NOTE Confidence: 0.9077534

00:16:48.210 --> 00:16:50.282 So if you think of child development

NOTE Confidence: 0.9077534

00:16:50.282 --> 00:16:53.232 is loaded on one side with various

NOTE Confidence: 0.9077534

00:16:53.232 --> 00:16:55.228 potentially environmentally negative events,

NOTE Confidence: 0.9077534

00:16:55.230 --> 00:16:57.960 and on another side with positive events,

NOTE Confidence: 0.9077534

00:16:57.960 --> 00:17:00.361 and that you can also shift the

NOTE Confidence: 0.9077534

00:17:00.361 --> 00:17:02.784 fulcrum in ways that will help

NOTE Confidence: 0.9077534

00:17:02.784 --> 00:17:04.974 children adapt in different ways.

NOTE Confidence: 0.9077534

00:17:04.980 --> 00:17:07.548 So on one side shown on here are

NOTE Confidence: 0.9077534

00:17:07.548 --> 00:17:10.050 some of the positive outcomes.

NOTE Confidence: 0.9077534

00:17:10.050 --> 00:17:11.610 Stable housing families that

NOTE Confidence: 0.9077534

00:17:11.610 --> 00:17:13.170 get unemployment benefits are

NOTE Confidence: 0.9077534

00:17:13.170 --> 00:17:13.950 responsive relationships.

NOTE Confidence: 0.9077534

00:17:13.950 --> 00:17:17.307 And then I want you to think about how

NOTE Confidence: 0.9077534

00:17:17.307 --> 00:17:20.306 kovid might have impacted that side.

NOTE Confidence: 0.9077534

00:17:20.310 --> 00:17:21.670 And on the other side,

NOTE Confidence: 0.9077534

00:17:21.670 --> 00:17:23.578 some of the things that are

NOTE Confidence: 0.9077534

00:17:23.578 --> 00:17:25.280 happening right now with Kovit.

NOTE Confidence: 0.9077534

00:17:25.280 --> 00:17:27.518 Family member that seal job walls,

NOTE Confidence: 0.9077534

00:17:27.520 --> 00:17:29.036 physical distancing, closing schools.

NOTE Confidence: 0.9077534

00:17:29.036 --> 00:17:30.931 Those are the things that

NOTE Confidence: 0.9077534

00:17:30.931 --> 00:17:32.388 are tipping the scale.

NOTE Confidence: 0.9077534

00:17:32.390 --> 00:17:34.538 This resilient scale and So what

NOTE Confidence: 0.9077534

00:17:34.538 --> 00:17:37.249 can we do in the next slide?

NOTE Confidence: 0.8997263

00:17:39.480 --> 00:17:41.968 And one of the things we can do

NOTE Confidence: 0.8997263

00:17:41.968 --> 00:17:44.337 is reduce the sources of stress.

NOTE Confidence: 0.8997263

00:17:44.340 --> 00:17:46.660 We can impact the we can try different

NOTE Confidence: 0.8997263

00:17:46.660 --> 00:17:49.198 ways of getting education to children.

NOTE Confidence: 0.8997263

00:17:49.200 --> 00:17:51.629 We can try to have unemployment benefits.

NOTE Confidence: 0.8997263

00:17:51.630 --> 00:17:52.734 We can impact.

NOTE Confidence: 0.8997263

00:17:52.734 --> 00:17:55.310 The second is we can support responsive

NOTE Confidence: 0.8997263

00:17:55.381 --> 00:17:58.039 relationships and on the positive side.

NOTE Confidence: 0.8997263

00:17:58.040 --> 00:17:59.710 And then on the fulcrum,

NOTE Confidence: 0.8997263

00:17:59.710 --> 00:18:00.742 shifting the fulcrum,

NOTE Confidence: 0.8997263

00:18:00.742 --> 00:18:03.576 we can begin to give children some core

NOTE Confidence: 0.8997263

00:18:03.576 --> 00:18:06.110 life skills about how to think about

NOTE Confidence: 0.8997263

00:18:06.110 --> 00:18:08.030 their environment and that I'm going

NOTE Confidence: 0.8997263

00:18:08.030 --> 00:18:10.322 to set the stage for Lauren as well

NOTE Confidence: 0.8997263

00:18:10.322 --> 00:18:13.193 is one of the things that we think a

NOTE Confidence: 0.8997263

00:18:13.193 --> 00:18:15.737 lot about when we're thinking about

NOTE Confidence: 0.8997263

00:18:15.737 --> 00:18:17.999 education and literacy for children.

NOTE Confidence: 0.8997263

00:18:18.000 --> 00:18:20.385 So I'm gonna turn it now to my colleague

NOTE Confidence: 0.8997263

00:18:20.385 --> 00:18:22.500 Matt Kendall Taylor, who will carry

NOTE Confidence: 0.8997263

00:18:22.500 --> 00:18:24.600 us into the next phase of this.

NOTE Confidence: 0.8997263

00:18:24.600 --> 00:18:25.800 Thank you very much.

NOTE Confidence: 0.8997263

00:18:25.800 --> 00:18:27.300 That's the floor is yours.

NOTE Confidence: 0.86657864

00:18:28.250 --> 00:18:29.540 So hello, thank you for

NOTE Confidence: 0.86657864

00:18:29.540 --> 00:18:30.318 that introduction, Linda.

NOTE Confidence: 0.86657864

00:18:30.318 --> 00:18:32.640 And it's great to be here with you all.

NOTE Confidence: 0.86657864

00:18:32.640 --> 00:18:34.110 I'm really excited to get the chance

NOTE Confidence: 0.86657864

00:18:34.110 --> 00:18:35.425 to follow that science presentation

NOTE Confidence: 0.86657864

00:18:35.425 --> 00:18:37.015 with the presentation on framing,

NOTE Confidence: 0.86657864

00:18:37.020 --> 00:18:38.770 which is pretty much my all time

NOTE Confidence: 0.86657864

00:18:38.770 --> 00:18:40.120 favorite thing to talk about,

NOTE Confidence: 0.86657864

00:18:40.120 --> 00:18:42.168 which I realize is kind of sad and

NOTE Confidence: 0.86657864

00:18:42.168 --> 00:18:43.986 pathetic and I fully realized that most

NOTE Confidence: 0.86657864

00:18:43.986 --> 00:18:46.066 of you on the phone or probably are

NOTE Confidence: 0.86657864

00:18:46.066 --> 00:18:48.117 on the web and are probably not that

NOTE Confidence: 0.86657864

00:18:48.117 --> 00:18:50.173 quite as excited about this as I am.

NOTE Confidence: 0.86657864

00:18:50.180 --> 00:18:51.930 But one of my goals is that

NOTE Confidence: 0.86657864

00:18:51.930 --> 00:18:53.280 by the end of this,

NOTE Confidence: 0.86657864

00:18:53.280 --> 00:18:55.341 at least one of you is at least half

NOTE Confidence: 0.86657864

00:18:55.341 --> 00:18:57.398 as excited about framing as I am.

NOTE Confidence: 0.86657864

00:18:57.400 --> 00:18:59.500 So I think that's an achievable goal.

NOTE Confidence: 0.86657864

00:18:59.500 --> 00:19:01.840 I learn you're the only one I can see,

NOTE Confidence: 0.86657864

00:19:01.840 --> 00:19:04.180 so I'm going going with you on that goal.

NOTE Confidence: 0.86657864

00:19:04.180 --> 00:19:06.780 You can give me a thumbs up by the end.

NOTE Confidence: 0.86657864

00:19:06.780 --> 00:19:07.740 So first of all,

NOTE Confidence: 0.86657864

00:19:07.740 --> 00:19:09.531 thanks to Linda and Greg and Karen

NOTE Confidence: 0.86657864

00:19:09.531 --> 00:19:11.582 and the rest of the Scholastic Cooper

NOTE Confidence: 0.86657864

00:19:11.582 --> 00:19:13.639 inviting me to be on and no offense

NOTE Confidence: 0.86657864

00:19:13.639 --> 00:19:15.100 to Linda Gregg Karen Scholastic crew,

NOTE Confidence: 0.86657864

00:19:15.100 --> 00:19:15.880 but more importantly,

NOTE Confidence: 0.86657864

00:19:15.880 --> 00:19:17.850 thanks to all of you.

NOTE Confidence: 0.86657864

00:19:17.850 --> 00:19:19.964 Who are taking your time to be

NOTE Confidence: 0.86657864

00:19:19.964 --> 00:19:21.450 on this web and RI?

NOTE Confidence: 0.86657864

00:19:21.450 --> 00:19:22.950 Realize your time is really

NOTE Confidence: 0.86657864

00:19:22.950 --> 00:19:23.850 valuable and important.

NOTE Confidence: 0.86657864

00:19:23.850 --> 00:19:25.650 An exchange for that valuable resource.

NOTE Confidence: 0.86657864

00:19:25.650 --> 00:19:27.714 I'm going to try to add some value

NOTE Confidence: 0.86657864

00:19:27.714 --> 00:19:29.841 to your work in your thinking by

NOTE Confidence: 0.86657864

00:19:29.841 --> 00:19:32.085 telling you about some of the work

NOTE Confidence: 0.86657864

00:19:32.085 --> 00:19:34.005 and thinking that I've been doing

NOTE Confidence: 0.86657864

00:19:34.005 --> 00:19:36.288 for about 15 years now on how people

NOTE Confidence: 0.86657864

00:19:36.288 --> 00:19:37.772 think about these concepts that

NOTE Confidence: 0.86657864

00:19:37.772 --> 00:19:39.447 Linda has talked about resilience,

NOTE Confidence: 0.86657864

00:19:39.450 --> 00:19:41.850 stress and how we can through our role.

NOTE Confidence: 0.86657864

00:19:41.850 --> 00:19:43.620 It's communicators and I'm going

NOTE Confidence: 0.86657864

00:19:43.620 --> 00:19:45.647 to argue that every single one

NOTE Confidence: 0.86657864

00:19:45.647 --> 00:19:47.375 of us on this web and R is a

NOTE Confidence: 0.86657864

00:19:47.438 --> 00:19:49.118 communicator we can deliver.

NOTE Confidence: 0.86657864

00:19:49.120 --> 00:19:50.755 Information we can kind of

NOTE Confidence: 0.86657864

00:19:50.755 --> 00:19:52.063 shift perspectives and create

NOTE Confidence: 0.86657864

00:19:52.063 --> 00:19:53.637 change in some important ways.

NOTE Confidence: 0.86657864

00:19:53.640 --> 00:19:55.733 So I tell you just a little

NOTE Confidence: 0.86657864

00:19:55.733 --> 00:19:57.200 bit more about myself.

NOTE Confidence: 0.86657864

00:19:57.200 --> 00:19:58.855 And that's not because I'm

NOTE Confidence: 0.86657864

00:19:58.855 --> 00:20:00.179 suffering from some dill.

NOTE Confidence: 0.86657864

00:20:00.180 --> 00:20:01.630 Vision that you actually care,

NOTE Confidence: 0.86657864

00:20:01.630 --> 00:20:03.130 but it's because the background

NOTE Confidence: 0.86657864

00:20:03.130 --> 00:20:05.213 that I have the kind of work

33

00:20:05.213 --> 00:20:07.033 that I've done over the last 20

00:20:07.033 --> 00:20:08.822 years is really important to what

00:20:08.822 --> 00:20:10.588 I'm going to be talking about.

00:20:10.588 --> 00:20:12.028 So I'm not a traditional

00:20:12.028 --> 00:20:12.604 communications person.

00:20:12.610 --> 00:20:14.050 I've never worked in PR,

00:20:14.050 --> 00:20:15.500 never worked in a communications,

00:20:15.500 --> 00:20:16.364 public relations organizations.

00:20:16.364 --> 00:20:17.804 I'm an anthropologist by training,

00:20:17.810 --> 00:20:19.706 and I do a specific kind of anthropology

00:20:19.706 --> 00:20:21.280 that's called psychologically apology,

00:20:21.280 --> 00:20:22.996 which means that I'm really interested

00:20:22.996 --> 00:20:25.050 in concerned with the way that culture

00:20:25.050 --> 00:20:26.766 influences the way that people think.

00:20:26.770 --> 00:20:28.558 How people use culture to process

00:20:28.558 --> 00:20:30.380 information and make meaning of messages.

NOTE Confidence: 0.86657864

00:20:30.380 --> 00:20:32.115 Anne and formulate unreached decisions

NOTE Confidence: 0.86657864

00:20:32.115 --> 00:20:34.767 and when I'm going to be doing today

NOTE Confidence: 0.86657864

00:20:34.767 --> 00:20:36.755 is telling you about the work that

NOTE Confidence: 0.86657864

00:20:36.813 --> 00:20:38.608 I've done as an anthropologist.

NOTE Confidence: 0.86657864

00:20:38.610 --> 00:20:40.154 Thinking about how scientists

NOTE Confidence: 0.86657864

00:20:40.154 --> 00:20:42.084 like Linda can communicate what

NOTE Confidence: 0.86657864

00:20:42.084 --> 00:20:43.656 they're finding out from science

NOTE Confidence: 0.86657864

00:20:43.656 --> 00:20:46.012 to those like you all who are in

NOTE Confidence: 0.86657864

00:20:46.012 --> 00:20:47.552 positions to influence the way

NOTE Confidence: 0.86657864

00:20:47.552 --> 00:20:49.796 that people think and what they do

NOTE Confidence: 0.86657864

00:20:49.796 --> 00:20:51.770 and how they feel and importantly,

NOTE Confidence: 0.86657864

00:20:51.770 --> 00:20:52.452 what they,

NOTE Confidence: 0.86657864

00:20:52.452 --> 00:20:53.816 the behaviors and actions

NOTE Confidence: 0.86657864

00:20:53.816 --> 00:20:55.180 that they they decide

NOTE Confidence: 0.8514943

00:20:55.240 --> 00:20:55.710 to make.

NOTE Confidence: 0.9107003

00:20:57.840 --> 00:20:59.976 I do not have control over

NOTE Confidence: 0.9107003

00:20:59.976 --> 00:21:01.770 my slides for some reason.

NOTE Confidence: 0.8343472

00:21:04.580 --> 00:21:05.390 Ah, there we

NOTE Confidence: 0.8343472

00:21:05.390 --> 00:21:07.712 go. I don't know if I did that or

NOTE Confidence: 0.8343472

00:21:07.712 --> 00:21:09.695 somebody else did that, but it's magic,

NOTE Confidence: 0.8343472

00:21:09.695 --> 00:21:11.550 so I'm going to take a little

NOTE Confidence: 0.8343472

00:21:11.610 --> 00:21:13.442 bit of time at the top here to

NOTE Confidence: 0.8343472

00:21:13.442 --> 00:21:15.378 tell you about this term framing,

NOTE Confidence: 0.8343472

00:21:15.380 --> 00:21:17.270 which I imagine everyone has heard of.

NOTE Confidence: 0.8343472

00:21:17.270 --> 00:21:19.300 But I imagine very few people actually

NOTE Confidence: 0.8343472

00:21:19.300 --> 00:21:21.050 have an understanding of what it means.

NOTE Confidence: 0.8343472

00:21:21.050 --> 00:21:22.532 So when we talk about framing

NOTE Confidence: 0.8343472

00:21:22.532 --> 00:21:24.020 for the next 15 minutes,

NOTE Confidence: 0.8343472

00:21:24.020 --> 00:21:25.454 we're going to be talking about

NOTE Confidence: 0.8343472

00:21:25.454 --> 00:21:27.528 is the way in which slide forward.

NOTE Confidence: 0.85868406

00:21:29.810 --> 00:21:32.828 I have no idea why I can't advance my slides.

NOTE Confidence: 0.85868406

00:21:32.828 --> 00:21:34.264 There we go, they went.

NOTE Confidence: 0.85868406

00:21:34.264 --> 00:21:36.360 I don't know why the choices that we

NOTE Confidence: 0.85868406

00:21:36.424 --> 00:21:38.692 make in how we present information and

NOTE Confidence: 0.85868406

00:21:38.692 --> 00:21:40.645 sometimes those are those are really

NOTE Confidence: 0.85868406

00:21:40.645 --> 00:21:42.794 small choices and window made a number

NOTE Confidence: 0.85868406

00:21:42.800 --> 00:21:44.310 of them throughout her presentation

NOTE Confidence: 0.85868406

00:21:44.310 --> 00:21:45.820 which are informed by research.

NOTE Confidence: 0.85868406

00:21:45.820 --> 00:21:47.632 Sometimes it's as small as the

NOTE Confidence: 0.85868406

00:21:47.632 --> 00:21:49.770 pronouns that we use. Do we say,

NOTE Confidence: 0.85868406

00:21:49.770 --> 00:21:53.057 do we say them they those or do we say we?

NOTE Confidence: 0.85868406

00:21:53.060 --> 00:21:54.695 And sometimes it's really obvious

NOTE Confidence: 0.85868406

00:21:54.695 --> 00:21:56.922 things like the values that we choose

NOTE Confidence: 0.85868406

00:21:56.922 --> 00:21:58.798 to argue for why our issue matters.

NOTE Confidence: 0.85868406

00:21:58.800 --> 00:22:00.606 Ann is so important to address,

NOTE Confidence: 0.85868406

00:22:00.610 --> 00:22:02.428 so it's how all those decisions,

NOTE Confidence: 0.85868406

00:22:02.430 --> 00:22:03.850 both big and small.

NOTE Confidence: 0.85868406

00:22:03.850 --> 00:22:05.270 Affect how people think,

NOTE Confidence: 0.85868406

00:22:05.270 --> 00:22:07.454 how they feel and how they act.

NOTE Confidence: 0.85868406

00:22:07.460 --> 00:22:09.488 So really simply variations and how

NOTE Confidence: 0.85868406

00:22:09.488 --> 00:22:11.197 we present information and people

NOTE Confidence: 0.85868406

00:22:11.197 --> 00:22:13.262 who are who are writers and authors

NOTE Confidence: 0.85868406

00:22:13.262 --> 00:22:14.999 like Lauren know this very well.

NOTE Confidence: 0.85868406

00:22:15.000 --> 00:22:15.939 All those small,

NOTE Confidence: 0.85868406

00:22:15.939 --> 00:22:16.878 seemingly insignificant decisions.

NOTE Confidence: 0.85868406

00:22:16.880 --> 00:22:18.285 How those choices affect what

NOTE Confidence: 0.85868406

00:22:18.285 --> 00:22:20.407 people do as a result of hearing

NOTE Confidence: 0.85868406

00:22:20.407 --> 00:22:22.037 your information of reading your

NOTE Confidence: 0.85868406

00:22:22.037 --> 00:22:23.789 text of reading your awesome.

NOTE Confidence: 0.85868406

00:22:23.790 --> 00:22:25.300 I survived books which my

NOTE Confidence: 0.85868406

00:22:25.300 --> 00:22:27.250 kids have all read many times,

NOTE Confidence: 0.85868406

00:22:27.250 --> 00:22:29.770 so I'm going to give you an example of

NOTE Confidence: 0.85868406

00:22:29.770 --> 00:22:32.387 what that looks like to hopefully make

NOTE Confidence: 0.85868406

00:22:32.387 --> 00:22:34.879 this really concrete and bring it home.

NOTE Confidence: 0.85868406

00:22:34.880 --> 00:22:37.274 So we have done and a lot of this

NOTE Confidence: 0.85868406

00:22:37.274 --> 00:22:39.944 has been done with Linda realizing I

NOTE Confidence: 0.85868406

00:22:39.944 --> 00:22:42.698 should maybe call her doctor Mays with

NOTE Confidence: 0.85868406

00:22:42.698 --> 00:22:45.316 doctor Mays over the last 15 years.

NOTE Confidence: 0.85868406

00:22:45.320 --> 00:22:47.252 In trying to help people understand

NOTE Confidence: 0.85868406

00:22:47.252 --> 00:22:48.982 the importance of child development

NOTE Confidence: 0.85868406

00:22:48.982 --> 00:22:50.892 to support policies and practices

NOTE Confidence: 0.85868406

00:22:50.892 --> 00:22:53.136 that improve the process of child

NOTE Confidence: 0.85868406

00:22:53.136 --> 00:22:55.104 development and the outcomes that it

NOTE Confidence: 0.85868406

00:22:55.104 --> 00:22:56.968 facilitates an so this particular study

NOTE Confidence: 0.85868406

00:22:56.968 --> 00:22:59.131 that I'm going to walk you through

NOTE Confidence: 0.85868406

00:22:59.131 --> 00:23:01.451 right now is is a large about 6000

NOTE Confidence: 0.85868406

00:23:01.451 --> 00:23:03.760 people nationally representative sample.

NOTE Confidence: 0.85868406

00:23:03.760 --> 00:23:05.635 And really what we're doing

NOTE Confidence: 0.85868406

00:23:05.635 --> 00:23:07.510 here in an online experiment.

NOTE Confidence: 0.85868406

00:23:07.510 --> 00:23:09.358 Is we're exposing different groups of

NOTE Confidence: 0.85868406

00:23:09.358 --> 00:23:10.897 people to different frames, right?

NOTE Confidence: 0.85868406

00:23:10.897 --> 00:23:12.125 Different ways of hearing

NOTE Confidence: 0.85868406

00:23:12.125 --> 00:23:13.046 about child development,

NOTE Confidence: 0.85868406

00:23:13.050 --> 00:23:15.210 so some of the people in the experiment

NOTE Confidence: 0.85868406

00:23:15.210 --> 00:23:17.058 read message about child development.

NOTE Confidence: 0.85868406

00:23:17.060 --> 00:23:18.288 That's about future progress

NOTE Confidence: 0.85868406

00:23:18.288 --> 00:23:19.209 and social prosperity.

NOTE Confidence: 0.85868406

00:23:19.210 --> 00:23:21.070 That's the messages are on the

NOTE Confidence: 0.85868406

00:23:21.070 --> 00:23:22.600 horizontal axis that you see,

NOTE Confidence: 0.85868406

00:23:22.600 --> 00:23:25.165 so they would they log on to this experiment

NOTE Confidence: 0.85868406

00:23:25.165 --> 00:23:27.835 and they'd read a passage that starts with.

NOTE Confidence: 0.85868406

00:23:27.840 --> 00:23:29.730 It's important that we do a better

NOTE Confidence: 0.85868406

00:23:29.730 --> 00:23:31.529 job of supporting child development,

NOTE Confidence: 0.85868406

00:23:31.530 --> 00:23:33.065 because then we wouldn't say

NOTE Confidence: 0.85868406

00:23:33.065 --> 00:23:34.920 it in such a cliched way.

NOTE Confidence: 0.85868406

00:23:34.920 --> 00:23:36.768 But children are future right there.

NOTE Confidence: 0.85868406

00:23:36.770 --> 00:23:37.098 Solid,

NOTE Confidence: 0.85868406

00:23:37.098 --> 00:23:38.082 stable mental health.

NOTE Confidence: 0.85868406

00:23:38.082 --> 00:23:40.050 Is really vital to our ability

NOTE Confidence: 0.85868406

00:23:40.106 --> 00:23:41.716 to progress and be prosperous

NOTE Confidence: 0.85868406

00:23:41.716 --> 00:23:43.326 as a society moving forward.

NOTE Confidence: 0.85868406

00:23:43.330 --> 00:23:45.829 Other people are randomly assigned to read

NOTE Confidence: 0.85868406

00:23:45.829 --> 00:23:48.170 a different message so they would log on.

NOTE Confidence: 0.85868406

00:23:48.170 --> 00:23:50.663 They read about 80 of the words are the

NOTE Confidence: 0.85868406

00:23:50.663 --> 00:23:52.668 same except the thing that's different

NOTE Confidence: 0.85868406

00:23:52.668 --> 00:23:55.598 is that top lead in sentence the frame,

NOTE Confidence: 0.85868406

00:23:55.600 --> 00:23:57.538 the way that the message is

NOTE Confidence: 0.85868406

00:23:57.538 --> 00:23:58.830 being framed or presented,

NOTE Confidence: 0.85868406

00:23:58.830 --> 00:24:00.816 and so those people who received

NOTE Confidence: 0.85868406

00:24:00.816 --> 00:24:02.474 the vulnerability message would read

NOTE Confidence: 0.85868406

00:24:02.474 --> 00:24:03.869 something like it's important that

NOTE Confidence: 0.85868406

00:24:03.869 --> 00:24:06.092 we do a better job of supporting

NOTE Confidence: 0.85868406

00:24:06.092 --> 00:24:07.492 child development because children

NOTE Confidence: 0.85868406

00:24:07.492 --> 00:24:08.846 are most vulnerable citizens.

NOTE Confidence: 0.85868406

00:24:08.846 --> 00:24:10.542 They deserve our empathy and

NOTE Confidence: 0.85868406

00:24:10.542 --> 00:24:12.600 compassion as individuals and we must

NOTE Confidence: 0.8688545

00:24:12.663 --> 00:24:14.808 Karen do. More and do better by them.

NOTE Confidence: 0.8688545

00:24:14.810 --> 00:24:16.394 And then there's a third group

NOTE Confidence: 0.8688545

00:24:16.394 --> 00:24:17.810 which gets no message there,

NOTE Confidence: 0.8688545

00:24:17.810 --> 00:24:19.034 called the control condition.

NOTE Confidence: 0.8688545

00:24:19.034 --> 00:24:21.235 They are the group against which these

NOTE Confidence: 0.8688545

00:24:21.235 --> 00:24:22.795 two other messages are compared.

NOTE Confidence: 0.8688545

00:24:22.800 --> 00:24:24.360 Then everybody answers the set

NOTE Confidence: 0.8688545

00:24:24.360 --> 00:24:25.608 of questions to determine,

NOTE Confidence: 0.8688545

00:24:25.610 --> 00:24:27.165 kind of how they understand

NOTE Confidence: 0.8688545

00:24:27.165 --> 00:24:27.787 child development,

NOTE Confidence: 0.8688545

00:24:27.790 --> 00:24:28.818 and specifically how supportive

NOTE Confidence: 0.8688545

00:24:28.818 --> 00:24:30.756 they are of a set of evidence

NOTE Confidence: 0.8688545

00:24:30.756 --> 00:24:32.120 based policy's that scientists

NOTE Confidence: 0.8688545

00:24:32.120 --> 00:24:34.207 like Linda and her colleagues have

NOTE Confidence: 0.8688545

00:24:34.207 --> 00:24:35.837 found effective in improving child

NOTE Confidence: 0.8688545

00:24:35.837 --> 00:24:37.461 development and the health learning,

NOTE Confidence: 0.8688545

00:24:37.461 --> 00:24:39.016 relational outcomes that it generates.

NOTE Confidence: 0.8688545

00:24:39.020 --> 00:24:40.796 And So what you're going to

NOTE Confidence: 0.8688545

00:24:40.796 --> 00:24:42.460 see on this next click,

NOTE Confidence: 0.8688545

00:24:42.460 --> 00:24:44.798 hopefully is what I think are two

NOTE Confidence: 0.8688545

00:24:44.798 --> 00:24:46.412 absolutely gorgeous green bars are

NOTE Confidence: 0.8688545

00:24:46.412 --> 00:24:48.068 going to appear on the screen,

NOTE Confidence: 0.8688545

00:24:48.070 --> 00:24:49.762 and what those green bars are

NOTE Confidence: 0.8688545

00:24:49.762 --> 00:24:52.006 going to show you is the degree

NOTE Confidence: 0.8688545

00:24:52.006 --> 00:24:53.766 to which hearing those different.

NOTE Confidence: 0.8688545

00:24:53.770 --> 00:24:55.155 Ways of framing the information

NOTE Confidence: 0.8688545

00:24:55.155 --> 00:24:55.709 affects people.

NOTE Confidence: 0.8688545

00:24:55.710 --> 00:24:56.678 Support for those policies,

NOTE Confidence: 0.8688545

00:24:56.678 --> 00:24:58.497 and so I imagine there are some

NOTE Confidence: 0.8688545

00:24:58.497 --> 00:24:59.753 very statistically inclined people

NOTE Confidence: 0.8688545

00:24:59.753 --> 00:25:00.695 on the audience.

NOTE Confidence: 0.8688545

00:25:00.700 --> 00:25:02.908 But just so we're on the same page,

NOTE Confidence: 0.8688545

00:25:02.910 --> 00:25:04.285 here's your stats lesson everything

NOTE Confidence: 0.8688545

00:25:04.285 --> 00:25:06.009 you need to know about progressions

NOTE Confidence: 0.8688545

00:25:06.009 --> 00:25:07.479 and complex statistics in one

NOTE Confidence: 0.8688545

00:25:07.479 --> 00:25:09.280 sentence up is good down as bad.

NOTE Confidence: 0.8688545

00:25:09.280 --> 00:25:11.431 So what you see on the left hand side

NOTE Confidence: 0.8688545

00:25:11.431 --> 00:25:13.708 of the screen is that first message,

NOTE Confidence: 0.8688545

00:25:13.710 --> 00:25:15.396 the one about future progress in

NOTE Confidence: 0.8688545

00:25:15.396 --> 00:25:16.520 social prosperity is increasing

NOTE Confidence: 0.8688545

00:25:16.568 --> 00:25:18.176 the extent the degree to which

NOTE Confidence: 0.8688545

00:25:18.176 --> 00:25:19.248 people support those policies.

NOTE Confidence: 0.8688545

00:25:19.250 --> 00:25:20.141 That's good news.

NOTE Confidence: 0.8688545

00:25:20.141 --> 00:25:22.220 There's a little framing dance that we

NOTE Confidence: 0.8688545

00:25:22.276 --> 00:25:24.236 do when we get those kind of results,

NOTE Confidence: 0.8688545

00:25:24.240 --> 00:25:26.186 but I'm on the West coast and

NOTE Confidence: 0.8688545

00:25:26.186 --> 00:25:28.080 it's way too early for that.

NOTE Confidence: 0.8688545

00:25:28.080 --> 00:25:29.320 So I'll skip that,

NOTE Confidence: 0.8688545

00:25:29.320 --> 00:25:31.180 but your eyes probably wandered towards

NOTE Confidence: 0.8688545

00:25:31.242 --> 00:25:32.999 the right hand side of the screen

NOTE Confidence: 0.8688545

00:25:32.999 --> 00:25:34.939 where you saw that this valuable

NOTE Confidence: 0.8688545

00:25:34.939 --> 00:25:37.189 vulnerability is having the opposite effect.

NOTE Confidence: 0.8688545

00:25:37.190 --> 00:25:39.694 So not only is it having no effect,

NOTE Confidence: 0.8688545

00:25:39.700 --> 00:25:40.531 which is 0,

NOTE Confidence: 0.8688545

00:25:40.531 --> 00:25:41.916 but it's actually decreasing the

NOTE Confidence: 0.8688545

00:25:41.916 --> 00:25:43.601 degree to which people support

NOTE Confidence: 0.8688545

00:25:43.601 --> 00:25:45.037 these policies that experts,

NOTE Confidence: 0.8688545

00:25:45.040 --> 00:25:45.354 scientists,

NOTE Confidence: 0.8688545

00:25:45.354 --> 00:25:46.296 practitioners are advocating.

NOTE Confidence: 0.8688545

00:25:46.296 --> 00:25:48.180 So to translate that really quickly.

NOTE Confidence: 0.8688545

00:25:48.180 --> 00:25:50.380 If you're an expert or an advocate working

NOTE Confidence: 0.8688545

00:25:50.380 --> 00:25:52.609 on child development and use the value

NOTE Confidence: 0.8688545

00:25:52.609 --> 00:25:54.770 of vulnerability to frame your messages,

NOTE Confidence: 0.8688545

00:25:54.770 --> 00:25:56.648 you not only waste your breath,

NOTE Confidence: 0.8688545

00:25:56.650 --> 00:25:58.102 waste your very valuable

NOTE Confidence: 0.8688545

00:25:58.102 --> 00:25:58.828 communications resources.

NOTE Confidence: 0.8688545

00:25:58.830 --> 00:26:00.990 But you actually use those very

NOTE Confidence: 0.8688545

00:26:00.990 --> 00:26:02.430 valuable communications resources in

NOTE Confidence: 0.8688545

00:26:02.485 --> 00:26:04.291 a way that directly disadvantages the

NOTE Confidence: 0.8688545

00:26:04.291 --> 00:26:06.487 things that you are advocating, right?

NOTE Confidence: 0.8688545

00:26:06.487 --> 00:26:08.569 So just to be really clear,

NOTE Confidence: 0.8688545

00:26:08.570 --> 00:26:09.401 that's not good.

NOTE Confidence: 0.8688545

00:26:09.401 --> 00:26:11.914 That's not what we want to do with

NOTE Confidence: 0.8688545

00:26:11.914 --> 00:26:13.450 our communications resources.

NOTE Confidence: 0.8688545

00:26:13.450 --> 00:26:16.322 And the kicker is that in a subsequent

NOTE Confidence: 0.8688545

00:26:16.322 --> 00:26:19.007 analysis where we looked at all the fields,

NOTE Confidence: 0.8688545

00:26:19.010 --> 00:26:20.402 external facing materials over

NOTE Confidence: 0.8688545

00:26:20.402 --> 00:26:21.794 a three year period,

NOTE Confidence: 0.8688545

00:26:21.800 --> 00:26:24.578 we found that over 90% of those materials

NOTE Confidence: 0.8688545

00:26:24.578 --> 00:26:26.308 were framing messages about child

NOTE Confidence: 0.8688545

00:26:26.308 --> 00:26:28.410 development with the value of vulnerability.

NOTE Confidence: 0.8688545

00:26:28.410 --> 00:26:29.538 So in essence,

NOTE Confidence: 0.8688545

00:26:29.538 --> 00:26:29.914 using.

NOTE Confidence: 0.8688545

00:26:29.914 --> 00:26:30.290 What,

NOTE Confidence: 0.8688545

00:26:30.290 --> 00:26:31.082 in retrospect,

NOTE Confidence: 0.8688545

00:26:31.082 --> 00:26:33.458 is a tremendous amount of resources

NOTE Confidence: 0.8688545

00:26:33.458 --> 00:26:35.537 to advance a value that not

NOTE Confidence: 0.8688545

00:26:35.537 --> 00:26:37.367 only is not having any effect,

NOTE Confidence: 0.8688545

00:26:37.370 --> 00:26:39.434 but it's actually having a negative

NOTE Confidence: 0.8688545

00:26:39.434 --> 00:26:41.270 or a detrimental backfire effect.

NOTE Confidence: 0.8688545

00:26:41.270 --> 00:26:45.176 So I've come to think about framing.

NOTE Confidence: 0.8688545

00:26:45.180 --> 00:26:47.412 As as what you see on the screen

NOTE Confidence: 0.8688545

00:26:47.412 --> 00:26:49.741 as a key as a really valuable

NOTE Confidence: 0.8688545

00:26:49.741 --> 00:26:51.436 tool that we can use

NOTE Confidence: 0.870300199999999

00:26:51.516 --> 00:26:53.626 and use intentionally to unlock

NOTE Confidence: 0.870300199999999

00:26:53.626 --> 00:26:56.056 ways for people to think about

NOTE Confidence: 0.870300199999999

00:26:56.056 --> 00:26:57.636 new information to create space

NOTE Confidence: 0.870300199999999

00:26:57.636 --> 00:26:59.610 for new kinds of discussion,

NOTE Confidence: 0.870300199999999

00:26:59.610 --> 00:27:01.370 to shift and open perspectives,

NOTE Confidence: 0.870300199999999

00:27:01.370 --> 00:27:02.778 and support for solutions.

NOTE Confidence: 0.870300199999999

00:27:02.778 --> 00:27:04.186 That's the good news.

NOTE Confidence: 0.870300199999999

00:27:04.190 --> 00:27:06.296 That's kind of the future progress.

NOTE Confidence: 0.870300199999999

00:27:06.300 --> 00:27:08.406 Social prosperity version of the key.

NOTE Confidence: 0.870300199999999

00:27:08.410 --> 00:27:10.516 There's also the more you know,

NOTE Confidence: 0.870300199999999

00:27:10.520 --> 00:27:11.928 the less optimistic perspective

NOTE Confidence: 0.870300199999999

00:27:11.928 --> 00:27:14.910 that this key, if not if not used.

NOTE Confidence: 0.870300199999999

00:27:14.910 --> 00:27:16.282 Appropriately and effectively can

NOTE Confidence: 0.870300199999999

00:27:16.282 --> 00:27:17.960 have the opposite effect, right?

NOTE Confidence: 0.870300199999999

00:27:17.960 --> 00:27:20.660 And we know this kind of open the newspaper

NOTE Confidence: 0.870300199999999

00:27:20.724 --> 00:27:23.118 and you can find examples of frames

NOTE Confidence: 0.870300199999999

00:27:23.118 --> 00:27:25.229 that immediately shut down discussions.

NOTE Confidence: 0.870300199999999

00:27:25.230 --> 00:27:26.570 Turn people off, shut,

NOTE Confidence: 0.870300199999999

00:27:26.570 --> 00:27:28.245 shut off peoples thinking closed

NOTE Confidence: 0.870300199999999

00:27:28.245 --> 00:27:30.486 down that space into which we want

NOTE Confidence: 0.870300199999999

00:27:30.486 --> 00:27:32.450 people to have productive discussions.

NOTE Confidence: 0.870300199999999

00:27:32.450 --> 00:27:35.114 So this is all to use a metaphor to

NOTE Confidence: 0.870300199999999

00:27:35.114 --> 00:27:37.488 emphasize the importance of all of those

NOTE Confidence: 0.870300199999999

00:27:37.488 --> 00:27:40.019 choices that we make as communicators,

NOTE Confidence: 0.870300199999999

00:27:40.020 --> 00:27:42.084 that they are not just kind

NOTE Confidence: 0.870300199999999

00:27:42.084 --> 00:27:43.460 of Flowery Purple prose,

NOTE Confidence: 0.870300199999999

00:27:43.460 --> 00:27:45.360 but actually they are incredibly

NOTE Confidence: 0.870300199999999

00:27:45.360 --> 00:27:46.120 strategically important.

NOTE Confidence: 0.870300199999999

00:27:46.120 --> 00:27:47.780 Decisions and choices that we

NOTE Confidence: 0.870300199999999

00:27:47.780 --> 00:27:49.440 make as communicators and again.

NOTE Confidence: 0.870300199999999

00:27:49.440 --> 00:27:50.736 When I say we,

NOTE Confidence: 0.870300199999999

00:27:50.736 --> 00:27:52.356 I mean everybody who communicates

NOTE Confidence: 0.870300199999999

00:27:52.356 --> 00:27:53.760 information about issues right?

NOTE Confidence: 0.870300199999999

00:27:53.760 --> 00:27:56.077 And that just so that's clear rhetorically.

NOTE Confidence: 0.870300199999999

00:27:56.080 --> 00:27:57.031 That's everybody, right?

NOTE Confidence: 0.870300199999999

00:27:57.031 --> 00:27:59.584 And So what I wanted to do for

NOTE Confidence: 0.870300199999999

00:27:59.584 --> 00:28:01.720 the rest of my time is go through

NOTE Confidence: 0.870300199999999

50

00:28:01.720 --> 00:28:03.648 three ideas about framing adversity

NOTE Confidence: 0.870300199999999

00:28:03.648 --> 00:28:06.036 that I think are really important.

NOTE Confidence: 0.870300199999999

00:28:06.040 --> 00:28:08.026 I think they're probably really important

NOTE Confidence: 0.870300199999999

00:28:08.026 --> 00:28:10.020 generally, but I think there are,

NOTE Confidence: 0.870300199999999

00:28:10.020 --> 00:28:10.886 like, really,

NOTE Confidence: 0.870300199999999

00:28:10.886 --> 00:28:12.618 really important during the

NOTE Confidence: 0.870300199999999

00:28:12.618 --> 00:28:14.650 Times that we are in.

NOTE Confidence: 0.870300199999999

00:28:14.650 --> 00:28:16.210 When adversity and children's

NOTE Confidence: 0.870300199999999

00:28:16.210 --> 00:28:18.160 experiences thereof are kind of

NOTE Confidence: 0.870300199999999

00:28:18.160 --> 00:28:20.297 front center and are kind of extra,

NOTE Confidence: 0.870300199999999

00:28:20.300 --> 00:28:21.712 robust and significant in

NOTE Confidence: 0.870300199999999

00:28:21.712 --> 00:28:23.830 terms of in terms of learning,

NOTE Confidence: 0.870300199999999

00:28:23.830 --> 00:28:26.182 but also some of the health outcomes

NOTE Confidence: 0.870300199999999

00:28:26.182 --> 00:28:28.719 that Linda spent a good deal of

NOTE Confidence: 0.870300199999999

00:28:28.719 --> 00:28:30.179 her presentation talking about.

NOTE Confidence: 0.870300199999999

00:28:30.180 --> 00:28:31.328 So the first one,

NOTE Confidence: 0.870300199999999

00:28:31.328 --> 00:28:33.990 and I realized that this is going to

NOTE Confidence: 0.870300199999999

00:28:33.990 --> 00:28:36.175 be hopefully not obnoxiously redundant.

NOTE Confidence: 0.870300199999999

00:28:36.180 --> 00:28:37.708 Hopefully productively redundant is

NOTE Confidence: 0.870300199999999

00:28:37.708 --> 00:28:40.000 that Linda actually did these three

NOTE Confidence: 0.870300199999999

00:28:40.061 --> 00:28:41.915 things in the presentation that she

NOTE Confidence: 0.870300199999999

00:28:41.915 --> 00:28:44.300 just gave. So what I'm going to?

NOTE Confidence: 0.870300199999999

00:28:44.300 --> 00:28:46.478 I'm not claiming that these are.

NOTE Confidence: 0.870300199999999

00:28:46.480 --> 00:28:47.800 Wildly new and fantastically original,

NOTE Confidence: 0.870300199999999

00:28:47.800 --> 00:28:49.520 but I really just want to take my

NOTE Confidence: 0.870300199999999

00:28:49.520 --> 00:28:51.145 time to pull these three ideas

NOTE Confidence: 0.870300199999999

00:28:51.145 --> 00:28:53.180 out and emphasize them and kind of

NOTE Confidence: 0.870300199999999

00:28:53.180 --> 00:28:54.848 operationalize them for you as things

NOTE Confidence: 0.870300199999999

00:28:54.848 --> 00:28:56.646 that you can do when you communicate.

NOTE Confidence: 0.870300199999999

00:28:56.646 --> 00:28:59.148 So the first one is that it is important in

NOTE Confidence: 0.870300199999999

00:28:59.148 --> 00:29:01.210 the current context to talk about adversity,

NOTE Confidence: 0.870300199999999

00:29:01.210 --> 00:29:01.472 right?

NOTE Confidence: 0.870300199999999

00:29:01.472 --> 00:29:02.258 Kids are experiencing

NOTE Confidence: 0.870300199999999

00:29:02.258 --> 00:29:03.044 adversity is significant,

NOTE Confidence: 0.870300199999999

00:29:03.050 --> 00:29:03.923 it is urgent,

NOTE Confidence: 0.870300199999999

00:29:03.923 --> 00:29:05.669 and it's important it is gripping

NOTE Confidence: 0.870300199999999

00:29:05.669 --> 00:29:07.890 it as resident is all those things.

NOTE Confidence: 0.870300199999999

00:29:07.890 --> 00:29:10.038 But when we talk about adversity,

NOTE Confidence: 0.870300199999999

00:29:10.040 --> 00:29:11.984 it is absolutely essential that we

NOTE Confidence: 0.870300199999999

00:29:11.984 --> 00:29:14.372 always do so alongside this capacity for

NOTE Confidence: 0.870300199999999

00:29:14.372 --> 00:29:16.424 resilience or this idea of plasticity

NOTE Confidence: 0.870300199999999

00:29:16.424 --> 00:29:18.989 that these biological systems are flexible.

NOTE Confidence: 0.870300199999999

00:29:18.990 --> 00:29:19.706 They're not,

NOTE Confidence: 0.870300199999999

00:29:19.706 --> 00:29:21.138 they're not up static,

NOTE Confidence: 0.870300199999999

00:29:21.140 --> 00:29:22.012 their dynamic,

NOTE Confidence: 0.870300199999999

00:29:22.012 --> 00:29:24.192 they change overtime in response

NOTE Confidence: 0.870300199999999

00:29:24.192 --> 00:29:26.089 to experiences that we have.

NOTE Confidence: 0.870300199999999

00:29:26.090 --> 00:29:28.295 And so you know when we work

NOTE Confidence: 0.870300199999999

00:29:28.295 --> 00:29:29.240 with developmental scientists,

NOTE Confidence: 0.870300199999999

00:29:29.240 --> 00:29:31.296 they say things and want to say things

NOTE Confidence: 0.870300199999999

00:29:31.296 --> 00:29:33.175 like this and unfortunately can't see

NOTE Confidence: 0.870300199999999

00:29:33.175 --> 00:29:35.137 half of my screen serious ongoing

NOTE Confidence: 0.870300199999999

00:29:35.190 --> 00:29:37.120 adversity during childhood can have.

NOTE Confidence: 0.870300199999999

00:29:37.120 --> 00:29:38.630 I'm guessing it says detrimental

NOTE Confidence: 0.870300199999999

00:29:38.630 --> 00:29:40.140 or negative effects on the

NOTE Confidence: 0.85558015

00:29:40.197 --> 00:29:41.866 developing brain and body, right?

NOTE Confidence: 0.85558015

00:29:41.866 --> 00:29:43.546 That's something that in our

NOTE Confidence: 0.85558015

00:29:43.546 --> 00:29:45.309 colleagues would really want to say.

NOTE Confidence: 0.85558015

00:29:45.310 --> 00:29:46.880 The problem is that when

NOTE Confidence: 0.85558015

00:29:46.880 --> 00:29:48.136 you say those things,

NOTE Confidence: 0.85558015

00:29:48.140 --> 00:29:50.345 people just don't hear those things right.

NOTE Confidence: 0.85558015

00:29:50.350 --> 00:29:51.355 They use culture,

NOTE Confidence: 0.85558015

00:29:51.355 --> 00:29:53.365 they use their mental models to

NOTE Confidence: 0.85558015

00:29:53.365 --> 00:29:55.325 process that information and how that

NOTE Confidence: 0.85558015

00:29:55.325 --> 00:29:57.649 kind of a message tends to be heard.

NOTE Confidence: 0.85558015

00:29:57.650 --> 00:29:59.336 Is that kind of damage done?

NOTE Confidence: 0.85558015

00:29:59.340 --> 00:30:00.225 His damage done?

NOTE Confidence: 0.85558015

00:30:00.225 --> 00:30:02.290 So if a if a child experiences

NOTE Confidence: 0.85558015

00:30:02.353 --> 00:30:04.443 some trauma than bad outcomes

NOTE Confidence: 0.85558015

00:30:04.443 --> 00:30:06.115 are inevitable or inescapable,

NOTE Confidence: 0.85558015

00:30:06.120 --> 00:30:08.528 and this is clearly not how we want

NOTE Confidence: 0.85558015

00:30:08.528 --> 00:30:11.079 people to be thinking about adversity.

NOTE Confidence: 0.85558015

00:30:11.080 --> 00:30:12.850 Given the science of resilience

NOTE Confidence: 0.85558015

00:30:12.850 --> 00:30:13.558 and plasticity,

NOTE Confidence: 0.85558015

00:30:13.560 --> 00:30:15.678 and a resulting kind of hopelessness.

NOTE Confidence: 0.85558015

00:30:15.680 --> 00:30:18.236 And if you are a parent or a teacher

NOTE Confidence: 0.85558015

00:30:18.236 --> 00:30:20.638 of a child experiencing trauma,

NOTE Confidence: 0.85558015

00:30:20.640 --> 00:30:21.071 defensiveness,

NOTE Confidence: 0.85558015

00:30:21.071 --> 00:30:22.795 which really powerfully we

NOTE Confidence: 0.85558015

00:30:22.795 --> 00:30:24.519 found leads the disengagement.

NOTE Confidence: 0.85558015

00:30:24.520 --> 00:30:26.744 And So what you want to do instead

NOTE Confidence: 0.85558015

00:30:26.744 --> 00:30:28.647 is reduces introduces introduced this

NOTE Confidence: 0.85558015

00:30:28.647 --> 00:30:31.203 idea of resilience early and often,

NOTE Confidence: 0.85558015

00:30:31.210 --> 00:30:32.970 and use an efficacious tone.

NOTE Confidence: 0.85558015

00:30:32.970 --> 00:30:34.675 So an application stone means

NOTE Confidence: 0.85558015

00:30:34.675 --> 00:30:36.840 one that's not doom and gloom.

NOTE Confidence: 0.85558015

00:30:36.840 --> 00:30:38.052 Dire in on fire,

NOTE Confidence: 0.85558015

00:30:38.052 --> 00:30:39.567 but that presents the opportunity

NOTE Confidence: 0.85558015

00:30:39.567 --> 00:30:41.438 for positive outcomes to occur

NOTE Confidence: 0.85558015

00:30:41.438 --> 00:30:42.942 even if significant adversity

NOTE Confidence: 0.85558015

00:30:42.942 --> 00:30:44.938 and trauma has been experienced,

NOTE Confidence: 0.85558015

00:30:44.940 --> 00:30:46.376 and so you know,

NOTE Confidence: 0.85558015

00:30:46.376 --> 00:30:48.960 with a little bit more detail what

NOTE Confidence: 0.85558015

00:30:48.960 --> 00:30:51.712 that looks like is you want to you

NOTE Confidence: 0.85558015

00:30:51.712 --> 00:30:54.488 want to keep your eye on the goal

NOTE Confidence: 0.85558015

00:30:54.488 --> 00:30:56.307 and talk about what can happen.

NOTE Confidence: 0.85558015

00:30:56.307 --> 00:30:57.921 And not be overly preoccupied with

NOTE Confidence: 0.85558015

00:30:57.921 --> 00:30:59.769 the past experiences of University.

NOTE Confidence: 0.85558015

00:30:59.770 --> 00:31:01.185 So sometimes people talk about

NOTE Confidence: 0.85558015

00:31:01.185 --> 00:31:02.317 that as being aspirational.

NOTE Confidence: 0.85558015

00:31:02.320 --> 00:31:04.042 Aspirational is one of these words

NOTE Confidence: 0.85558015

00:31:04.042 --> 00:31:05.999 that I think is kind of hope.

NOTE Confidence: 0.85558015

00:31:06.000 --> 00:31:08.830 You changing GUI and I try not to use it,

NOTE Confidence: 0.85558015

00:31:08.830 --> 00:31:10.474 but I probably will in this

NOTE Confidence: 0.85558015

00:31:10.474 --> 00:31:11.940 presentation a couple of times.

NOTE Confidence: 0.85558015

00:31:11.940 --> 00:31:13.844 You want to try to be kind of

NOTE Confidence: 0.85558015

00:31:13.844 --> 00:31:15.265 inspirational and be very clear

NOTE Confidence: 0.85558015

00:31:15.265 --> 00:31:16.755 about the positive outcomes that

NOTE Confidence: 0.85558015

00:31:16.755 --> 00:31:18.170 are possible and attainable.

NOTE Confidence: 0.85558015

00:31:18.170 --> 00:31:18.736 And again,

NOTE Confidence: 0.85558015

00:31:18.736 --> 00:31:20.434 not just focus on the experiences

NOTE Confidence: 0.85558015

00:31:20.434 --> 00:31:21.000 of adversity.

NOTE Confidence: 0.85558015

00:31:21.000 --> 00:31:21.524 That said,

NOTE Confidence: 0.85558015

00:31:21.524 --> 00:31:23.620 those first 2 points said the bad guy

NOTE Confidence: 0.85558015

00:31:23.674 --> 00:31:25.876 is really important in this story, right?

NOTE Confidence: 0.85558015

00:31:25.876 --> 00:31:27.606 So you don't want to.

NOTE Confidence: 0.85558015

00:31:27.610 --> 00:31:29.122 Be all woo you know know

NOTE Confidence: 0.85558015

00:31:29.122 --> 00:31:30.819 nothing bad is happening is all

NOTE Confidence: 0.85558015

00:31:30.819 --> 00:31:32.087 resilience and great outcomes.

NOTE Confidence: 0.85558015

00:31:32.090 --> 00:31:33.959 There needs to be tension as Lauren

NOTE Confidence: 0.85558015

00:31:33.959 --> 00:31:36.009 can tell us in every story right?

NOTE Confidence: 0.85558015

00:31:36.010 --> 00:31:37.844 There needs to be a bad guy

NOTE Confidence: 0.85558015

00:31:37.844 --> 00:31:39.648 in that bad guy right now.

NOTE Confidence: 0.85558015

00:31:39.650 --> 00:31:41.050 Is significant adversity that is.

NOTE Confidence: 0.85558015

00:31:41.050 --> 00:31:41.994 That is being experienced.

NOTE Confidence: 0.85558015

00:31:41.994 --> 00:31:43.839 So this is kind of a complex

NOTE Confidence: 0.85558015

00:31:43.839 --> 00:31:44.970 recommendation to hit.

NOTE Confidence: 0.85558015

00:31:44.970 --> 00:31:47.070 But I think I think it can be hit and

NOTE Confidence: 0.85558015

00:31:47.127 --> 00:31:49.167 I think it's unbelievably important.

NOTE Confidence: 0.85558015

00:31:49.170 --> 00:31:52.338 And So what this looks like.

NOTE Confidence: 0.85558015

00:31:52.340 --> 00:31:55.040 And again, I can't even half of my screen,

NOTE Confidence: 0.85558015

00:31:55.040 --> 00:31:55.640 so apologies.

NOTE Confidence: 0.85558015

00:31:55.640 --> 00:31:56.540 But significant adversity

NOTE Confidence: 0.85558015

00:31:56.540 --> 00:31:57.740 has damaging effects on.

NOTE Confidence: 0.85558015

00:31:57.740 --> 00:31:59.330 I'm guessing that says learning health

NOTE Confidence: 0.85558015

00:31:59.330 --> 00:32:01.340 behavior and can derail positive development,

NOTE Confidence: 0.85558015

00:32:01.340 --> 00:32:02.552 so that's the before.

NOTE Confidence: 0.85558015

00:32:02.552 --> 00:32:04.722 That's the thing that people who work

NOTE Confidence: 0.85558015

00:32:04.722 --> 00:32:06.738 until they don't really want to say.

NOTE Confidence: 0.85558015

00:32:06.740 --> 00:32:08.480 And the after you can see

NOTE Confidence: 0.85558015

00:32:08.480 --> 00:32:10.040 the content is the same,

NOTE Confidence: 0.85558015

00:32:10.040 --> 00:32:11.540 but the framing is different.

NOTE Confidence: 0.85558015

00:32:11.540 --> 00:32:12.995 So providing every community with

NOTE Confidence: 0.85558015

00:32:12.995 --> 00:32:14.790 a robust system of support helps

NOTE Confidence: 0.85558015

00:32:14.790 --> 00:32:16.792 build resilience in the face of the

NOTE Confidence: 0.85558015

00:32:16.792 --> 00:32:18.440 potential harmful effects of adversity.

NOTE Confidence: 0.85558015

00:32:18.440 --> 00:32:18.742 Again,

NOTE Confidence: 0.85558015

00:32:18.742 --> 00:32:20.554 so you can see kind of

NOTE Confidence: 0.85558015

00:32:20.554 --> 00:32:21.460 there's there's those

NOTE Confidence: 0.84692127

00:32:21.524 --> 00:32:22.708 three. Recommendations kind of

NOTE Confidence: 0.84692127

00:32:22.708 --> 00:32:24.094 encapsulated in this. Right now.

NOTE Confidence: 0.84692127

00:32:24.094 --> 00:32:25.479 It's also really important to

NOTE Confidence: 0.84692127

00:32:25.479 --> 00:32:26.310 avoid deterministic language,

NOTE Confidence: 0.84692127

00:32:26.310 --> 00:32:28.302 and this is at the level of really

NOTE Confidence: 0.84692127

00:32:28.302 --> 00:32:30.188 small kind of Micro language stuff,

NOTE Confidence: 0.84692127

00:32:30.190 --> 00:32:32.164 so there are a set of words

NOTE Confidence: 0.84692127

00:32:32.164 --> 00:32:34.346 that we want to put in a vault.

NOTE Confidence: 0.84692127

00:32:34.350 --> 00:32:36.262 This is not like a vault where we

NOTE Confidence: 0.84692127

00:32:36.262 --> 00:32:38.051 keep our valuable money and gold

NOTE Confidence: 0.84692127

00:32:38.051 --> 00:32:40.160 and things that you would think of.

NOTE Confidence: 0.84692127

00:32:40.160 --> 00:32:42.099 This is about where we put things.

NOTE Confidence: 0.84692127

00:32:42.100 --> 00:32:44.233 We locked them away and we don't use them

NOTE Confidence: 0.84692127

00:32:44.233 --> 00:32:46.259 because they are dangerous and unproductive.

NOTE Confidence: 0.84692127

00:32:46.260 --> 00:32:48.080 So these are words that connote very

NOTE Confidence: 0.84692127

00:32:48.080 --> 00:32:49.495 powerfully for people that damaged

NOTE Confidence: 0.84692127

00:32:49.495 --> 00:32:50.965 on his damage done understanding,

NOTE Confidence: 0.84692127

00:32:50.970 --> 00:32:52.174 set, fixed, rooted, determined.

NOTE Confidence: 0.84692127

00:32:52.174 --> 00:32:53.980 Pre determined even worse than determined,

NOTE Confidence: 0.84692127

00:32:53.980 --> 00:32:54.754 damaged or threatened,

NOTE Confidence: 0.84692127

00:32:54.754 --> 00:32:56.560 and instead we want to use these

NOTE Confidence: 0.84692127

00:32:56.615 --> 00:32:58.475 words that allow for the introduction

NOTE Confidence: 0.84692127

00:32:58.475 --> 00:32:59.715 of resilience of plasticity,

NOTE Confidence: 0.84692127

00:32:59.720 --> 00:33:01.442 can may more likely to affect

NOTE Confidence: 0.84692127

00:33:01.442 --> 00:33:02.016 shape undermine.

NOTE Confidence: 0.84692127

00:33:02.020 --> 00:33:03.525 These are much less deterministic

NOTE Confidence: 0.84692127

00:33:03.525 --> 00:33:05.770 words and we have found in research

NOTE Confidence: 0.84692127

00:33:05.770 --> 00:33:07.485 in experimental research that simply

NOTE Confidence: 0.84692127

00:33:07.485 --> 00:33:09.600 moving from what you see on the left

NOTE Confidence: 0.84692127

00:33:09.600 --> 00:33:11.530 to which you see on the right is

NOTE Confidence: 0.84692127

00:33:11.530 --> 00:33:13.030 incredibly powerful in again kind

NOTE Confidence: 0.84692127

00:33:13.030 --> 00:33:14.703 of unlocking and opening up these

NOTE Confidence: 0.84692127

00:33:14.703 --> 00:33:16.580 spaces for people to have the kind

NOTE Confidence: 0.84692127

00:33:16.580 --> 00:33:18.055 of thinking and conversations that

NOTE Confidence: 0.84692127

00:33:18.055 --> 00:33:20.062 we need to advance these issues

NOTE Confidence: 0.84692127

00:33:20.062 --> 00:33:21.706 that we're working on.

NOTE Confidence: 0.84692127

00:33:21.710 --> 00:33:24.038 The second recommendation is to and

NOTE Confidence: 0.84692127

00:33:24.038 --> 00:33:26.995 Linda talked about this in the second

NOTE Confidence: 0.84692127

00:33:26.995 --> 00:33:29.215 idea about serving return relationships.

NOTE Confidence: 0.84692127

00:33:29.220 --> 00:33:31.194 Is to always put relationships in

NOTE Confidence: 0.84692127

00:33:31.194 --> 00:33:33.590 context and we do this to avoid

NOTE Confidence: 0.84692127

00:33:33.590 --> 00:33:35.942 having those who are the adult members

NOTE Confidence: 0.84692127

00:33:36.009 --> 00:33:37.793 of relationships experience either

NOTE Confidence: 0.84692127

00:33:37.793 --> 00:33:40.845 perceived or real stigma and guilt as

NOTE Confidence: 0.84692127

00:33:40.845 --> 00:33:43.095 a result of experiences of adversity.

NOTE Confidence: 0.84692127

00:33:43.100 --> 00:33:46.466 So what this you might want to say here,

NOTE Confidence: 0.84692127

00:33:46.470 --> 00:33:48.492 but shouldn't is that adults need

NOTE Confidence: 0.84692127

00:33:48.492 --> 00:33:50.345 to buffer children from the

NOTE Confidence: 0.84692127

00:33:50.345 --> 00:33:52.097 detrimental effects of adversity.

NOTE Confidence: 0.84692127

00:33:52.100 --> 00:33:54.350 This is especially important right now,

NOTE Confidence: 0.84692127

00:33:54.350 --> 00:33:56.498 and you can probably already see

NOTE Confidence: 0.84692127

00:33:56.498 --> 00:33:58.793 after I've said the word stigma

NOTE Confidence: 0.84692127

00:33:58.793 --> 00:34:01.169 and guilt why this is problematic.

NOTE Confidence: 0.84692127

00:34:01.170 --> 00:34:02.892 And the problem is that parents

NOTE Confidence: 0.84692127

00:34:02.892 --> 00:34:05.091 teachers anyone who's a member of that

NOTE Confidence: 0.84692127

00:34:05.091 --> 00:34:06.756 relationship who is participating in

NOTE Confidence: 0.84692127

00:34:06.756 --> 00:34:08.467 that serving return feel incredibly

NOTE Confidence: 0.84692127

00:34:08.467 --> 00:34:10.763 blamed when the stressors of their lives

NOTE Confidence: 0.84692127

00:34:10.770 --> 00:34:12.370 are preventing them from providing

NOTE Confidence: 0.84692127

00:34:12.370 --> 00:34:13.970 engaging in those responsive relationships.

NOTE Confidence: 0.84692127

00:34:13.970 --> 00:34:16.105 And the best way to get someone

NOTE Confidence: 0.84692127

00:34:16.105 --> 00:34:17.809 to tune out an reject.

NOTE Confidence: 0.84692127

00:34:17.810 --> 00:34:19.812 What you're having to say is feel

NOTE Confidence: 0.84692127

00:34:19.812 --> 00:34:21.401 that they're being attacked and

NOTE Confidence: 0.84692127

00:34:21.401 --> 00:34:23.081 become defensive or ego defensive

NOTE Confidence: 0.84692127

00:34:23.081 --> 00:34:24.530 by what you're saying,

NOTE Confidence: 0.84692127

00:34:24.530 --> 00:34:26.637 so you can see how that message

NOTE Confidence: 0.84692127

00:34:26.637 --> 00:34:28.050 at the top again.

NOTE Confidence: 0.84692127

00:34:28.050 --> 00:34:29.650 The intention is really positive,

NOTE Confidence: 0.84692127

00:34:29.650 --> 00:34:31.946 but the effect is that if you're.

NOTE Confidence: 0.84692127

00:34:31.950 --> 00:34:34.470 A person who is in a relationship

NOTE Confidence: 0.84692127

00:34:34.470 --> 00:34:35.550 with a child.

NOTE Confidence: 0.84692127

00:34:35.550 --> 00:34:37.194 I wouldn't be super responsive to

NOTE Confidence: 0.84692127

00:34:37.194 --> 00:34:38.610 anything that follows that right?

NOTE Confidence: 0.84692127

00:34:38.610 --> 00:34:40.549 I would, I would become very defensive.

NOTE Confidence: 0.84692127

00:34:40.550 --> 00:34:42.218 I would. I would feel blamed.

NOTE Confidence: 0.84692127

00:34:42.220 --> 00:34:43.852 I would feel guilty.

NOTE Confidence: 0.84692127

00:34:43.852 --> 00:34:46.750 I would tune out and turn off.

NOTE Confidence: 0.84692127

00:34:46.750 --> 00:34:47.117 Um,

NOTE Confidence: 0.84692127

00:34:47.117 --> 00:34:50.053 So what helps is we want to deepen

NOTE Confidence: 0.84692127

00:34:50.053 --> 00:34:52.230 people's understandings of how.

NOTE Confidence: 0.84692127

00:34:52.230 --> 00:34:53.980 Of how conditions of stress.

NOTE Confidence: 0.84692127

00:34:53.980 --> 00:34:56.430 Sorry, we got another call going here.

NOTE Confidence: 0.84692127

00:34:56.430 --> 00:34:58.180 Hopefully that's not for me,

00:34:58.180 --> 00:34:59.930 deepen understandings of how conditions

00:34:59.930 --> 00:35:01.330 of stress affect relationships,

00:35:01.330 --> 00:35:04.130 and one way that we can do that.

00:35:04.130 --> 00:35:07.280 So you heard Linda use a lot of metaphors.

00:35:07.280 --> 00:35:09.308 She used toxic stress and brain

00:35:09.308 --> 00:35:11.130 architecture and serve and return.

00:35:11.130 --> 00:35:13.533 And I want to tell you that those were

00:35:13.533 --> 00:35:16.030 all very intentionally used metaphors.

00:35:16.030 --> 00:35:17.974 Those metaphors do specific things that

00:35:17.974 --> 00:35:21.389 need to be done in terms of opening peoples

00:35:21.389 --> 00:35:23.037 understanding of child development.

00:35:23.040 --> 00:35:25.092 So one of those metaphors that's

00:35:25.092 --> 00:35:27.600 really helpful in making the point that

00:35:27.600 --> 00:35:29.400 context influence relationships in a

00:35:29.400 --> 00:35:31.740 way that doesn't cause adults involved

00:35:31.740 --> 00:35:34.447 in relationships to feel the burden of

NOTE Confidence: 0.84073615

00:35:34.447 --> 00:35:37.383 guilt is to to use this overloaded metaphor.

NOTE Confidence: 0.84073615

00:35:37.390 --> 00:35:39.966 There's lots of different variations of this,

NOTE Confidence: 0.84073615

00:35:39.970 --> 00:35:43.650 and you can kind of go wild and adapting it,

NOTE Confidence: 0.84073615

00:35:43.650 --> 00:35:46.170 but the idea is that there are these

NOTE Confidence: 0.84073615

00:35:46.170 --> 00:35:48.604 weights of adversity on adults who

NOTE Confidence: 0.84073615

00:35:48.604 --> 00:35:49.900 are in relationships,

NOTE Confidence: 0.84073615

00:35:49.900 --> 00:35:51.740 whether that be extreme poverty,

NOTE Confidence: 0.84073615

00:35:51.740 --> 00:35:53.248 housing problems, health problems.

NOTE Confidence: 0.84073615

00:35:53.248 --> 00:35:56.554 That that bear down on a on a on

NOTE Confidence: 0.84073615

00:35:56.554 --> 00:35:58.184 a relational participant and keep

NOTE Confidence: 0.84073615

00:35:58.184 --> 00:35:59.859 them from moving forward,

NOTE Confidence: 0.84073615

00:35:59.860 --> 00:36:01.672 impair or block their ability to

NOTE Confidence: 0.84073615

00:36:01.672 --> 00:36:03.403 have the kind of relationships

NOTE Confidence: 0.84073615

00:36:03.403 --> 00:36:05.668 that are necessary in student.

NOTE Confidence: 0.84073615

00:36:05.670 --> 00:36:07.848 As soon as you've done that,

NOTE Confidence: 0.84073615

00:36:07.850 --> 00:36:09.824 you've kind of got this contextual

NOTE Confidence: 0.84073615

00:36:09.824 --> 00:36:12.260 element that you are kind of forcing

NOTE Confidence: 0.84073615

00:36:12.260 --> 00:36:14.025 people cognitively to consider and

NOTE Confidence: 0.84073615

00:36:14.025 --> 00:36:16.367 how they are assigning blame and

NOTE Confidence: 0.84073615

00:36:16.367 --> 00:36:18.337 responsibility in situations and how

NOTE Confidence: 0.84073615

00:36:18.337 --> 00:36:20.918 those people who are part of relationships

NOTE Confidence: 0.84073615

00:36:20.918 --> 00:36:22.370 are experiencing those messages.

NOTE Confidence: 0.84073615

00:36:22.370 --> 00:36:23.468 So the third.

NOTE Confidence: 0.84073615

00:36:23.468 --> 00:36:24.566 And final recommendation

NOTE Confidence: 0.84073615

00:36:24.566 --> 00:36:25.664 that's really important.

NOTE Confidence: 0.84073615

00:36:25.670 --> 00:36:28.198 And Linda did this in between her kind

NOTE Confidence: 0.84073615

00:36:28.198 --> 00:36:30.846 of her middle box and her third box

NOTE Confidence: 0.84073615

00:36:30.846 --> 00:36:33.482 is to balance the sense of urgency

NOTE Confidence: 0.84073615

00:36:33.482 --> 00:36:36.014 that you're attributing to a situation

NOTE Confidence: 0.84073615

00:36:36.014 --> 00:36:38.240 with a clear sense of Efficacy.

NOTE Confidence: 0.84073615

00:36:38.240 --> 00:36:40.030 So when I say efficacy,

NOTE Confidence: 0.84073615

00:36:40.030 --> 00:36:42.543 I mean a sense that there are

NOTE Confidence: 0.84073615

00:36:42.543 --> 00:36:44.339 things that can be done,

NOTE Confidence: 0.84073615

00:36:44.340 --> 00:36:46.860 and that if we do them remediate,

NOTE Confidence: 0.84073615

00:36:46.860 --> 00:36:48.650 improve, fix, address the situation,

NOTE Confidence: 0.84073615

00:36:48.650 --> 00:36:51.282 and so there's really tons of things

NOTE Confidence: 0.84073615

00:36:51.282 --> 00:36:54.037 that are being said right now about.

NOTE Confidence: 0.84073615

00:36:54.040 --> 00:36:54.285 Really,

NOTE Confidence: 0.84073615

00:36:54.285 --> 00:36:55.755 the urgency of the situation that

NOTE Confidence: 0.84073615

00:36:55.755 --> 00:36:57.537 we're in that Covid is amplifying

NOTE Confidence: 0.84073615

00:36:57.537 --> 00:36:58.539 adversity of threatening.

NOTE Confidence: 0.84073615

00:36:58.540 --> 00:37:00.636 You can kind of do a frame analysis

NOTE Confidence: 0.84073615

00:37:00.636 --> 00:37:02.752 of this quote and you can see this

NOTE Confidence: 0.84073615

00:37:02.752 --> 00:37:05.000 is this is like Super Duper urgent.

NOTE Confidence: 0.84073615

00:37:05.000 --> 00:37:06.400 This gives me toxic stress.

NOTE Confidence: 0.87355834

00:37:08.550 --> 00:37:10.764 And it kind of makes us feel that there's

00:37:10.764 --> 00:37:12.676 this heavy weight of the situation,

00:37:12.680 --> 00:37:13.505 but but unfortunately,

00:37:13.505 --> 00:37:15.751 what that does is it leaves people thinking

00:37:15.751 --> 00:37:17.895 that this is a huge and horrible problem,

00:37:17.900 --> 00:37:19.907 and as soon as you've got a huge and

00:37:19.907 --> 00:37:21.480 horrible problem without solutions,

00:37:21.480 --> 00:37:23.160 people readily.

00:37:23.160 --> 00:37:24.790 With great eagerness and willingness

00:37:24.790 --> 00:37:26.830 disengage from what you have to say,

00:37:26.830 --> 00:37:28.774 they think that there's really nothing

00:37:28.774 --> 00:37:31.268 you can do about this situation and so

00:37:31.268 --> 00:37:33.559 they kind of place this on the pile.

00:37:33.560 --> 00:37:35.050 Dire social problems that exist

00:37:35.050 --> 00:37:36.930 over here that we know about,

00:37:36.930 --> 00:37:38.970 but that we don't know of anything we

00:37:38.970 --> 00:37:41.597 can do about and so great research in

NOTE Confidence: 0.87355834

00:37:41.597 --> 00:37:43.645 social psychology that shows that they

NOTE Confidence: 0.87355834

00:37:43.645 --> 00:37:45.794 are kind of different degrees of urgency

NOTE Confidence: 0.87355834

00:37:45.794 --> 00:37:47.640 in different degrees of Efficacy in

NOTE Confidence: 0.87355834

00:37:47.640 --> 00:37:49.170 our messages have different effects.

NOTE Confidence: 0.87355834

00:37:49.170 --> 00:37:51.506 So first of all, when we have that

NOTE Confidence: 0.87355834

00:37:51.506 --> 00:37:53.209 high urgency and low efficacy.

NOTE Confidence: 0.87355834

00:37:53.210 --> 00:37:54.140 No problem problem.

NOTE Confidence: 0.87355834

00:37:54.140 --> 00:37:56.000 Problem example of problem story bout

NOTE Confidence: 0.87355834

00:37:56.000 --> 00:37:58.780 problem, data problem the effect is.

NOTE Confidence: 0.87355834

00:37:58.780 --> 00:37:59.094 Peace,

NOTE Confidence: 0.87355834

00:37:59.094 --> 00:38:01.920 I'm out like you haven't given me a sense.

NOTE Confidence: 0.87355834

00:38:01.920 --> 00:38:04.424 There's anything could be done here I'm done.

NOTE Confidence: 0.87355834

00:38:04.430 --> 00:38:06.105 You haven't earned warranted any

NOTE Confidence: 0.87355834

00:38:06.105 --> 00:38:08.380 of my psychic resources I'm on to

NOTE Confidence: 0.87355834

00:38:08.380 --> 00:38:09.988 other things where we might stand

NOTE Confidence: 0.87355834

00:38:09.988 --> 00:38:11.649 a chance of doing something.

NOTE Confidence: 0.87355834

00:38:11.650 --> 00:38:13.456 The problem is that you can't

NOTE Confidence: 0.87355834

00:38:13.456 --> 00:38:16.013 just flip it and go you know we

NOTE Confidence: 0.87355834

00:38:16.013 --> 00:38:17.613 hope you change the rainbows.

NOTE Confidence: 0.87355834

00:38:17.620 --> 00:38:19.498 Unicorns, lollipops, rivers of cotton candy.

NOTE Confidence: 0.87355834

00:38:19.500 --> 00:38:21.756 I don't think that's possible abound

NOTE Confidence: 0.87355834

00:38:21.756 --> 00:38:24.973 because when you do that you lose the grip

NOTE Confidence: 0.87355834

00:38:24.973 --> 00:38:27.711 and urgency of the problem and you have

NOTE Confidence: 0.87355834

00:38:27.711 --> 00:38:30.105 low motivation out of snore and board.

NOTE Confidence: 0.87355834

00:38:30.110 --> 00:38:32.287 Now Linda's heard me say this many

NOTE Confidence: 0.87355834

00:38:32.287 --> 00:38:34.437 times that there are no magic words.

NOTE Confidence: 0.87355834

00:38:34.440 --> 00:38:36.294 There are no silver bullets when

NOTE Confidence: 0.87355834

00:38:36.294 --> 00:38:37.530 it comes to communications.

NOTE Confidence: 0.87355834

00:38:37.530 --> 00:38:39.518 This is the one exception of that

NOTE Confidence: 0.87355834

00:38:39.518 --> 00:38:41.698 where we have found and others have

NOTE Confidence: 0.87355834

00:38:41.698 --> 00:38:43.588 found that when you have these

NOTE Confidence: 0.87355834

00:38:43.649 --> 00:38:45.854 messages that combine a high sense of

NOTE Confidence: 0.87355834

00:38:45.854 --> 00:38:47.944 urgency with a high sense of Efficacy,

NOTE Confidence: 0.87355834

00:38:47.944 --> 00:38:49.660 you have these kind of magically

NOTE Confidence: 0.87355834

00:38:49.712 --> 00:38:51.734 persuasive messages that pull people in

NOTE Confidence: 0.87355834

00:38:51.734 --> 00:38:53.899 through the grip intention of the urgency,

NOTE Confidence: 0.87355834

00:38:53.900 --> 00:38:56.476 but but make them lean forward with the

NOTE Confidence: 0.87355834

00:38:56.476 --> 00:38:59.419 idea that there are things that can be done.

NOTE Confidence: 0.87355834

00:38:59.420 --> 00:39:01.359 I'm going to skip this example here

NOTE Confidence: 0.87355834

00:39:01.359 --> 00:39:03.200 because I think I'm out of time

NOTE Confidence: 0.87355834

00:39:03.200 --> 00:39:04.960 and just tell you what helps here.

NOTE Confidence: 0.87355834

00:39:04.960 --> 00:39:06.808 I think there's a number of things,

NOTE Confidence: 0.87355834

00:39:06.810 --> 00:39:08.754 and I think these are like you can

NOTE Confidence: 0.87355834

00:39:08.754 --> 00:39:10.386 do these later today or tomorrow

NOTE Confidence: 0.87355834

00:39:10.386 --> 00:39:12.360 when you go back to your desk.

NOTE Confidence: 0.87355834

00:39:12.360 --> 00:39:14.358 When you go back to your work and the

00:39:14.358 --> 00:39:16.177 first thing is to bring solutions

00:39:16.177 --> 00:39:17.104 to the conversation.

00:39:17.110 --> 00:39:18.894 If you look at a message and it

00:39:18.894 --> 00:39:20.279 is all about problems,

00:39:20.280 --> 00:39:21.864 that is not a message that

00:39:21.864 --> 00:39:22.920 should leave your mouth.

00:39:22.920 --> 00:39:24.240 Leave your computer leave however,

00:39:24.240 --> 00:39:24.772 you're communicating,

00:39:24.772 --> 00:39:26.368 right is that solutions are really

00:39:26.368 --> 00:39:27.668 important components of this conversation,

00:39:27.670 --> 00:39:29.886 and it's not enough to just drop one.

00:39:29.890 --> 00:39:31.210 Anne and leave it right.

00:39:31.210 --> 00:39:32.520 They need to be explained.

00:39:32.520 --> 00:39:34.116 We need to explain how doing this

00:39:34.116 --> 00:39:35.940 thing leads to this different outcome.

00:39:35.940 --> 00:39:37.205 Kind of make people smarter

NOTE Confidence: 0.87355834

00:39:37.205 --> 00:39:38.470 about solutions and how they

NOTE Confidence: 0.8494896

00:39:38.521 --> 00:39:39.876 work are tone matters greatly.

NOTE Confidence: 0.8494896

00:39:39.880 --> 00:39:41.984 This is where I've got the word aspiration.

NOTE Confidence: 0.8494896

00:39:41.990 --> 00:39:44.332 Even though I hate it, but I think it's

NOTE Confidence: 0.8494896

00:39:44.332 --> 00:39:46.200 really an important word to have here.

NOTE Confidence: 0.8494896

00:39:46.200 --> 00:39:47.670 Is that we need to inspire

NOTE Confidence: 0.8494896

00:39:47.670 --> 00:39:48.983 and be aspirational in the

NOTE Confidence: 0.8494896

00:39:48.983 --> 00:39:50.398 messages that were laying out.

NOTE Confidence: 0.8494896

00:39:50.400 --> 00:39:53.010 We can't just focus doom and gloom on the

NOTE Confidence: 0.8494896

00:39:53.010 --> 00:39:55.368 extent severity in depth of the problem.

NOTE Confidence: 0.8494896

00:39:55.370 --> 00:39:57.770 Um? We we we do.

NOTE Confidence: 0.8494896

00:39:57.770 --> 00:40:00.346 However, like I said, can't leave out the.

NOTE Confidence: 0.8494896

00:40:00.350 --> 00:40:01.650 The bad guy, right?

NOTE Confidence: 0.8494896

00:40:01.650 --> 00:40:03.600 We can't forget the urgency part

NOTE Confidence: 0.8494896

00:40:03.666 --> 00:40:05.410 of this equation. With that,

NOTE Confidence: 0.8494896

00:40:05.410 --> 00:40:08.440 I'm going to end with what I think is,

NOTE Confidence: 0.8494896

00:40:08.440 --> 00:40:09.490 uh, you know.

NOTE Confidence: 0.8494896

00:40:09.490 --> 00:40:10.890 My new favorite aspirational

NOTE Confidence: 0.8494896

00:40:10.890 --> 00:40:12.625 quote about about framing and

NOTE Confidence: 0.8494896

00:40:12.625 --> 00:40:14.170 the choices that we make.

NOTE Confidence: 0.8494896

00:40:14.170 --> 00:40:15.145 How we communicate.

NOTE Confidence: 0.8494896

00:40:15.145 --> 00:40:18.054 At the world as we know it is built

NOTE Confidence: 0.8494896

00:40:18.054 --> 00:40:20.310 on a story to be a change agent

NOTE Confidence: 0.8494896

00:40:20.387 --> 00:40:22.547 first is to disrupt the existing

NOTE Confidence: 0.8494896

00:40:22.547 --> 00:40:25.126 story of the world and 2nd to tell

NOTE Confidence: 0.8494896

00:40:25.126 --> 00:40:27.527 a new story of the world so that

NOTE Confidence: 0.8494896

00:40:27.527 --> 00:40:30.023 people have a place to go with that.

NOTE Confidence: 0.8494896

00:40:30.030 --> 00:40:32.235 I will thank you all very much

NOTE Confidence: 0.8494896

00:40:32.235 --> 00:40:34.657 encourage you all to frame on and I'm

NOTE Confidence: 0.8494896

00:40:34.657 --> 00:40:36.380 going to hand to Lauren hopefully.

NOTE Confidence: 0.8291227

00:40:45.870 --> 00:40:48.150 Natalie and Linda are so

NOTE Confidence: 0.8291227

00:40:48.150 --> 00:40:51.281 inspiring to me and I was, um,

NOTE Confidence: 0.8291227

00:40:51.281 --> 00:40:53.387 I'm always daunted when I put

NOTE Confidence: 0.8291227

00:40:53.387 --> 00:40:57.076 into a a setting where I am with

NOTE Confidence: 0.8291227

00:40:57.076 --> 00:40:59.116 brilliant scientists who have

NOTE Confidence: 0.8291227

00:40:59.116 --> 00:41:02.217 devoted their lives to research and

NOTE Confidence: 0.8291227

00:41:02.217 --> 00:41:04.722 synthesizing and are bringing so

NOTE Confidence: 0.8291227

00:41:04.730 --> 00:41:06.542 much understanding and illumination

NOTE Confidence: 0.8291227

00:41:06.542 --> 00:41:10.320 to us all so I don't have charts.

NOTE Confidence: 0.8291227

00:41:10.320 --> 00:41:13.820 And I don't have any beautiful graphs,

NOTE Confidence: 0.8291227

00:41:13.820 --> 00:41:15.820 have no scientific background,

NOTE Confidence: 0.8291227

00:41:15.820 --> 00:41:16.820 no expertise.

NOTE Confidence: 0.8291227

00:41:16.820 --> 00:41:20.684 What I do have is 30 years experience

NOTE Confidence: 0.8291227

00:41:20.684 --> 00:41:23.646 writing stories and a truly evangelical

NOTE Confidence: 0.8291227

00:41:23.646 --> 00:41:27.320 belief in the power of those stories,

NOTE Confidence: 0.8291227

00:41:27.320 --> 00:41:31.820 especially to build to really help.

NOTE Confidence: 0.8291227

00:41:31.820 --> 00:41:36.150 I guess I'll use the word frame like Nat has.

NOTE Confidence: 0.8291227

00:41:36.150 --> 00:41:38.280 I'll borrow some of Linda's

NOTE Confidence: 0.8291227

00:41:38.280 --> 00:41:40.410 terminology to really help provide

NOTE Confidence: 0.8291227

00:41:40.480 --> 00:41:42.868 models of resilience to to mitigate

NOTE Confidence: 0.8291227

00:41:42.868 --> 00:41:44.995 feelings of stress and hopelessness

NOTE Confidence: 0.8291227

00:41:44.995 --> 00:41:47.755 to build knowledge that makes kids

NOTE Confidence: 0.8291227

00:41:47.755 --> 00:41:49.573 more confident that strengthens

NOTE Confidence: 0.8291227

00:41:49.573 --> 00:41:51.738 our connections with each other.

NOTE Confidence: 0.8291227

00:41:51.740 --> 00:41:53.900 That helps people build empathy

NOTE Confidence: 0.8291227

00:41:53.900 --> 00:41:54.764 and understanding,

NOTE Confidence: 0.8291227

00:41:54.770 --> 00:41:56.880 and motivates people to want

NOTE Confidence: 0.8291227

00:41:56.880 --> 00:41:59.974 to take action to try to engage

NOTE Confidence: 0.8291227

00:41:59.974 --> 00:42:02.204 in the problems that often.

NOTE Confidence: 0.8291227

00:42:02.210 --> 00:42:05.138 Even at a very young lay age can

NOTE Confidence: 0.8291227

00:42:05.138 --> 00:42:08.450 feel overwhelming and helpless, so.

NOTE Confidence: 0.8291227

00:42:08.450 --> 00:42:10.766 Just a little bit about me.

NOTE Confidence: 0.8291227

00:42:10.770 --> 00:42:12.118 I have, you know,

NOTE Confidence: 0.8291227

00:42:12.118 --> 00:42:15.010 for years and years worked at Scholastic.

NOTE Confidence: 0.8291227

00:42:15.010 --> 00:42:17.230 I now oversee 25 very dazzling

NOTE Confidence: 0.8291227

00:42:17.230 --> 00:42:19.187 resources that are used in

NOTE Confidence: 0.8291227

00:42:19.187 --> 00:42:21.187 classrooms all over the country.

NOTE Confidence: 0.8291227

00:42:21.190 --> 00:42:25.050 From pre K all the way up to high school.

NOTE Confidence: 0.8291227

00:42:25.050 --> 00:42:27.474 We have many many different great

NOTE Confidence: 0.8291227

00:42:27.474 --> 00:42:29.881 tools in these magazines but really

NOTE Confidence: 0.8291227

00:42:29.881 --> 00:42:32.373 the centerpiece of all of our work.

NOTE Confidence: 0.8291227

00:42:32.380 --> 00:42:35.201 Our our stories which we write ourselves

NOTE Confidence: 0.8291227

00:42:35.201 --> 00:42:38.707 and I have been very fortunate because.

NOTE Confidence: 0.8291227

00:42:38.710 --> 00:42:41.094 I have my work has given me the

NOTE Confidence: 0.8291227

00:42:41.094 --> 00:42:43.182 opportunity to not only be connected

NOTE Confidence: 0.8291227

00:42:43.182 --> 00:42:45.706 to amazing educators like you all here

NOTE Confidence: 0.8291227

00:42:45.706 --> 00:42:47.918 and to people like that and Linda,

00:42:47.920 --> 00:42:50.107 but to be spent a lot of time with

00:42:50.107 --> 00:42:52.547 kids in their classrooms and to witness

00:42:52.547 --> 00:42:55.159 how stories can really be transformation.

00:42:55.160 --> 00:42:56.416 Ull, especially in classroom.

00:42:56.416 --> 00:42:59.386 So I just wanted to tell you about one

00:42:59.386 --> 00:43:02.940 story in particular really, that was quite.

00:43:02.940 --> 00:43:05.328 Was a pivot point for me.

00:43:05.330 --> 00:43:06.530 In my understanding,

00:43:06.530 --> 00:43:07.730 an in Mycareer,

00:43:07.730 --> 00:43:10.745 so I had I wrote a story for one

00:43:10.745 --> 00:43:12.519 of our magazines.

00:43:12.520 --> 00:43:14.914 Storyworks was many years ago on

00:43:14.914 --> 00:43:16.510 the iconic historical disaster.

00:43:16.510 --> 00:43:20.500 If you go to the Midwest to the Great Plains,

00:43:20.500 --> 00:43:22.936 you'll probably meet many people who

00:43:22.936 --> 00:43:25.475 can tell you family stories about

NOTE Confidence: 0.8291227

00:43:25.475 --> 00:43:28.415 the with what became known as the

NOTE Confidence: 0.8291227

00:43:28.415 --> 00:43:30.335 children's Blizzard Blizzard that in

NOTE Confidence: 0.8291227

00:43:30.335 --> 00:43:33.700 1888 cent a wall of ice and snow from

NOTE Confidence: 0.8291227

00:43:33.700 --> 00:43:36.160 the from Canada down through Dakotas.

NOTE Confidence: 0.8291227

00:43:36.160 --> 00:43:38.038 Minnesota and Nebraska and just slam.

NOTE Confidence: 0.8291227

00:43:38.040 --> 00:43:40.224 You know it's just a catastrophic event,

NOTE Confidence: 0.8291227

00:43:40.230 --> 00:43:43.047 so I wrote about the story an my focus.

NOTE Confidence: 0.8291227

00:43:43.050 --> 00:43:45.274 I always when I write I want to

NOTE Confidence: 0.8291227

00:43:45.274 --> 00:43:47.738 find a child to tell that story.

NOTE Confidence: 0.8291227

00:43:47.740 --> 00:43:49.305 I want that child's experience

NOTE Confidence: 0.8291227

00:43:49.305 --> 00:43:50.870 to be at the center.

NOTE Confidence: 0.8291227

00:43:50.870 --> 00:43:53.174 So I found a real child whose name

NOTE Confidence: 0.8291227

00:43:53.174 --> 00:43:55.298 is Walter Allen who was eight years

NOTE Confidence: 0.8291227

00:43:55.298 --> 00:43:57.759 old who got lost in this Blizzard.

NOTE Confidence: 0.8291227

00:43:57.760 --> 00:44:00.256 And then the heroic efforts of his brother.

NOTE Confidence: 0.8291227

00:44:00.260 --> 00:44:02.604 Will his 12 year old brother will to

NOTE Confidence: 0.8291227

00:44:02.604 --> 00:44:04.958 find him and bring him home safely.

NOTE Confidence: 0.8291227

00:44:04.960 --> 00:44:06.650 So I wrote this story.

NOTE Confidence: 0.880396900000001

00:44:06.650 --> 00:44:08.570 And you know a few weeks later I

NOTE Confidence: 0.880396900000001

00:44:08.570 --> 00:44:10.600 got an email from a teacher from

NOTE Confidence: 0.880396900000001

00:44:10.600 --> 00:44:12.735 the South Bronx of New York City

NOTE Confidence: 0.880396900000001

00:44:12.735 --> 00:44:14.800 who wanted to tell me about this.

NOTE Confidence: 0.880396900000001

00:44:14.800 --> 00:44:16.205 What the impact that this

NOTE Confidence: 0.880396900000001

00:44:16.205 --> 00:44:17.610 story had on her classroom,

NOTE Confidence: 0.880396900000001

00:44:17.610 --> 00:44:19.010 particularly one boy named Hector.

NOTE Confidence: 0.880396900000001

00:44:19.010 --> 00:44:20.420 And I'll never forget this.

NOTE Confidence: 0.880396900000001

00:44:20.420 --> 00:44:21.820 'cause I pictured this child,

NOTE Confidence: 0.880396900000001

00:44:21.820 --> 00:44:24.156 she described him so vividly he had been

NOTE Confidence: 0.880396900000001

00:44:24.156 --> 00:44:26.319 in foster care for most of his life.

NOTE Confidence: 0.880396900000001

00:44:26.320 --> 00:44:28.568 She did not even know his reading level.

NOTE Confidence: 0.880396900000001

00:44:28.570 --> 00:44:30.250 She wasn't able to assess him.

NOTE Confidence: 0.880396900000001

00:44:30.250 --> 00:44:31.566 He was extremely disruptive,

NOTE Confidence: 0.880396900000001

00:44:31.566 --> 00:44:33.815 and she didn't even really shake a

NOTE Confidence: 0.880396900000001

00:44:33.815 --> 00:44:35.583 little bit kind of given up on him.

NOTE Confidence: 0.880396900000001

00:44:35.590 --> 00:44:37.200 I mean, she had been.

NOTE Confidence: 0.880396900000001

00:44:37.200 --> 00:44:38.540 Working all year with him

NOTE Confidence: 0.880396900000001

00:44:38.540 --> 00:44:39.612 and nothing really worked.

NOTE Confidence: 0.880396900000001

00:44:39.620 --> 00:44:41.328 So she notice that as she was

NOTE Confidence: 0.880396900000001

00:44:41.328 --> 00:44:42.705 reading the story of Little

NOTE Confidence: 0.880396900000001

00:44:42.705 --> 00:44:44.185 Walter Allen in this Blizzard,

NOTE Confidence: 0.880396900000001

00:44:44.190 --> 00:44:46.350 Hector was riveted and at lunch time he

NOTE Confidence: 0.880396900000001

00:44:46.350 --> 00:44:48.334 snuck the magazine off of her desk and

NOTE Confidence: 0.880396900000001

00:44:48.334 --> 00:44:50.920 put it in his backpack and brought it home.

NOTE Confidence: 0.880396900000001

00:44:50.920 --> 00:44:52.999 And the next day he came back and he

NOTE Confidence: 0.880396900000001

00:44:52.999 --> 00:44:55.521 had read the story so many times he

NOTE Confidence: 0.880396900000001

00:44:55.521 --> 00:44:57.639 had basically memorized it and he was just,

NOTE Confidence: 0.880396900000001

00:44:57.640 --> 00:44:58.166 you know,

NOTE Confidence: 0.880396900000001

00:44:58.166 --> 00:45:00.601 he wanted to know more about Walter and more

NOTE Confidence: 0.880396900000001

00:45:00.601 --> 00:45:02.906 about will and he wanted for the first time.

NOTE Confidence: 0.880396900000001

00:45:02.906 --> 00:45:05.683 He asked her to go to the library and so she

NOTE Confidence: 0.880396900000001

00:45:05.683 --> 00:45:08.140 was saying to me this is just incredible.

NOTE Confidence: 0.880396900000001

00:45:08.140 --> 00:45:10.830 She said it really opened up so much for him.

NOTE Confidence: 0.880396900000001

00:45:10.830 --> 00:45:11.880 This one story.

NOTE Confidence: 0.880396900000001

00:45:11.880 --> 00:45:13.630 And but it was really

NOTE Confidence: 0.880396900000001

00:45:13.630 --> 00:45:15.850 not so much the Blizzard.

NOTE Confidence: 0.880396900000001

00:45:15.850 --> 00:45:18.130 Or the history that gripped Hector,

NOTE Confidence: 0.880396900000001

00:45:18.130 --> 00:45:20.030 although of course that was

NOTE Confidence: 0.880396900000001

00:45:20.030 --> 00:45:21.930 all a carry along effect.

NOTE Confidence: 0.880396900000001

00:45:21.930 --> 00:45:24.210 He was just he connected somehow.

NOTE Confidence: 0.880396900000001

00:45:24.210 --> 00:45:26.628 This boy from the South Bronx

NOTE Confidence: 0.880396900000001

00:45:26.628 --> 00:45:29.360 connected in his heart to a boy

NOTE Confidence: 0.880396900000001

00:45:29.360 --> 00:45:31.430 from history who lived in 1888.

NOTE Confidence: 0.880396900000001

00:45:31.430 --> 00:45:33.812 And the adversity that the experience

NOTE Confidence: 0.880396900000001

00:45:33.812 --> 00:45:36.530 of Walter nearly being frozen to death

NOTE Confidence: 0.880396900000001

00:45:36.530 --> 00:45:38.648 and hidden under drifts of snow.

NOTE Confidence: 0.880396900000001

00:45:38.650 --> 00:45:40.182 It spoke to him.

NOTE Confidence: 0.880396900000001

00:45:40.182 --> 00:45:42.830 And so this teacher said to me,

NOTE Confidence: 0.880396900000001

00:45:42.830 --> 00:45:44.730 you know it's too bad.

NOTE Confidence: 0.880396900000001

00:45:44.730 --> 00:45:46.630 There are books like this,

NOTE Confidence: 0.880396900000001

00:45:46.630 --> 00:45:47.210 you know.

NOTE Confidence: 0.880396900000001

00:45:47.210 --> 00:45:48.950 Maybe you know their books where

NOTE Confidence: 0.880396900000001

00:45:48.950 --> 00:45:51.187 they put kids in the middle of

NOTE Confidence: 0.880396900000001

00:45:51.187 --> 00:45:52.782 history and have them experiencing

NOTE Confidence: 0.880396900000001

00:45:52.839 --> 00:45:54.251 these really difficult things

NOTE Confidence: 0.880396900000001

00:45:54.251 --> 00:45:56.369 that maybe you should write one.

NOTE Confidence: 0.880396900000001

00:45:56.370 --> 00:45:58.914 So I had been thinking about that myself,

NOTE Confidence: 0.880396900000001

00:45:58.920 --> 00:46:00.490 'cause I had definitely noticed

NOTE Confidence: 0.880396900000001

00:46:00.490 --> 00:46:02.433 that whenever I wrote about history

NOTE Confidence: 0.880396900000001

00:46:02.433 --> 00:46:04.347 with the child at the centerpiece,

NOTE Confidence: 0.880396900000001

00:46:04.350 --> 00:46:06.387 these are the stories that really engaged

NOTE Confidence: 0.880396900000001

00:46:06.387 --> 00:46:08.180 kids made these stories relevant.

NOTE Confidence: 0.880396900000001

00:46:08.180 --> 00:46:09.770 Enable them to feel connected.

NOTE Confidence: 0.880396900000001

00:46:09.770 --> 00:46:11.996 So I went home and you know,

NOTE Confidence: 0.880396900000001

00:46:12.000 --> 00:46:13.926 you know very quickly thereafter I

NOTE Confidence: 0.880396900000001

00:46:13.926 --> 00:46:15.829 wrote the proposal for my series.

NOTE Confidence: 0.880396900000001

00:46:15.830 --> 00:46:17.550 I survived. It's actually that.

NOTE Confidence: 0.880396900000001

00:46:17.550 --> 00:46:20.230 I've been doing this now for 10 years.

NOTE Confidence: 0.880396900000001

00:46:20.230 --> 00:46:22.240 I'm I'm on the 20th book.

NOTE Confidence: 0.880396900000001

00:46:22.240 --> 00:46:24.585 I would like they're impossible to write.

NOTE Confidence: 0.880396900000001

00:46:24.590 --> 00:46:26.690 I could really keep bore you to

NOTE Confidence: 0.880396900000001

00:46:26.690 --> 00:46:28.779 tears by telling you the torturous

NOTE Confidence: 0.880396900000001

00:46:28.779 --> 00:46:30.279 process of writing them.

NOTE Confidence: 0.880396900000001

00:46:30.280 --> 00:46:31.860 Each one is historical fiction

NOTE Confidence: 0.880396900000001

00:46:31.860 --> 00:46:34.300 story where I take an iconic event,

NOTE Confidence: 0.880396900000001

00:46:34.300 --> 00:46:36.310 do tons and tons of research.

NOTE Confidence: 0.880396900000001

00:46:36.310 --> 00:46:36.972 I travel.

NOTE Confidence: 0.880396900000001

00:46:36.972 --> 00:46:38.627 I've traveled to almost everywhere

NOTE Confidence: 0.880396900000001

00:46:38.627 --> 00:46:40.000 that I've written about.

NOTE Confidence: 0.880396900000001

00:46:40.000 --> 00:46:41.897 I really want to kind of walk

NOTE Confidence: 0.880396900000001

00:46:41.897 --> 00:46:42.710 in the walk

NOTE Confidence: 0.8746806

00:46:42.779 --> 00:46:45.684 in the footsteps of my fictional characters,

NOTE Confidence: 0.8746806

00:46:45.690 --> 00:46:47.820 learn everything I can bring these.

NOTE Confidence: 0.8746806

00:46:47.820 --> 00:46:51.820 Bring these stories to light for my readers,

NOTE Confidence: 0.8746806

00:46:51.820 --> 00:46:54.890 and. It's been, you know,

NOTE Confidence: 0.8746806

00:46:54.890 --> 00:46:57.858 despite all the hard work the books

NOTE Confidence: 0.8746806

00:46:57.858 --> 00:46:59.613 have been unbelievably gratifying

NOTE Confidence: 0.8746806

00:46:59.613 --> 00:47:02.476 to me because they have enabled me

NOTE Confidence: 0.8746806

00:47:02.476 --> 00:47:05.231 to connect to so many teachers and

NOTE Confidence: 0.8746806

00:47:05.231 --> 00:47:07.914 kids all around the country and the

NOTE Confidence: 0.8746806

00:47:07.914 --> 00:47:10.763 experience of being the author of a

NOTE Confidence: 0.8746806

00:47:10.763 --> 00:47:13.609 disaster series means that I often get.

NOTE Confidence: 0.8746806

00:47:13.610 --> 00:47:17.680 I get a lot of Mail from teachers and kids,

NOTE Confidence: 0.8746806

00:47:17.680 --> 00:47:21.136 and many of them right to me from disaster

NOTE Confidence: 0.8746806

00:47:21.136 --> 00:47:23.846 areas of disaster inviting me too.

NOTE Confidence: 0.8746806

00:47:23.850 --> 00:47:26.034 They really want to share their stories.

NOTE Confidence: 0.8746806

00:47:26.040 --> 00:47:26.931 They want to.

NOTE Confidence: 0.8746806

00:47:26.931 --> 00:47:28.713 They want me to share their

NOTE Confidence: 0.8746806

00:47:28.713 --> 00:47:29.800 stories with others.

NOTE Confidence: 0.8746806

00:47:29.800 --> 00:47:31.744 I think there's something kind of

NOTE Confidence: 0.8746806

00:47:31.744 --> 00:47:33.372 healing about that knowing that

NOTE Confidence: 0.8746806

00:47:33.372 --> 00:47:35.262 people you know are aware of what

NOTE Confidence: 0.8746806

00:47:35.262 --> 00:47:37.000 you're what you're going through,

NOTE Confidence: 0.8746806

00:47:37.000 --> 00:47:38.918 they want to share their lessons of

NOTE Confidence: 0.8746806

00:47:38.918 --> 00:47:40.749 how they rebuilt their communities.

NOTE Confidence: 0.8746806

00:47:40.750 --> 00:47:41.608 So these are.

NOTE Confidence: 0.8746806

00:47:41.608 --> 00:47:43.610 You can imagine that these kinds of

NOTE Confidence: 0.8746806

00:47:43.673 --> 00:47:46.067 experiences for me are the most powerful,

NOTE Confidence: 0.8746806

00:47:46.070 --> 00:47:47.936 and I'll just quickly share with

NOTE Confidence: 0.8746806

00:47:47.936 --> 00:47:49.520 you a recent experience that,

NOTE Confidence: 0.8746806

00:47:49.520 --> 00:47:52.328 to me brings to light so much of what,

NOTE Confidence: 0.8746806

00:47:52.330 --> 00:47:54.514 not, and Linda have been talking about.

NOTE Confidence: 0.8746806

00:47:54.520 --> 00:47:57.096 And what is so powerful for me about?

NOTE Confidence: 0.8746806

00:47:57.100 --> 00:47:59.380 Store had the power of story,

NOTE Confidence: 0.8746806

00:47:59.380 --> 00:48:02.420 so it was in the member of 2018.

NOTE Confidence: 0.8746806

00:48:02.420 --> 00:48:05.460 I got an email from this woman here,

NOTE Confidence: 0.8746806

00:48:05.460 --> 00:48:06.220 Holly Fisher.

NOTE Confidence: 0.8746806

00:48:06.220 --> 00:48:09.260 She was writing to me that's her husband.

NOTE Confidence: 0.8746806

00:48:09.260 --> 00:48:10.780 Josh is a firefighter.

NOTE Confidence: 0.8746806

00:48:10.780 --> 00:48:12.300 They live in paradise,

89

NOTE Confidence: 0.8746806

00:48:12.300 --> 00:48:15.340 CA so I don't know if you remember.

NOTE Confidence: 0.8746806

00:48:15.340 --> 00:48:17.240 But in November of 2018,

NOTE Confidence: 0.8746806

00:48:17.240 --> 00:48:19.140 their entire town, 28,000 people,

NOTE Confidence: 0.8746806

00:48:19.140 --> 00:48:21.426 19,000 buildings, just you know the

NOTE Confidence: 0.8746806

00:48:21.426 --> 00:48:23.320 whole town basically burned down.

NOTE Confidence: 0.8746806

00:48:23.320 --> 00:48:25.805 She was writing to me four days

NOTE Confidence: 0.8746806

00:48:25.805 --> 00:48:28.029 after the town was destroyed.

NOTE Confidence: 0.8746806

00:48:28.030 --> 00:48:28.984 And the fire.

NOTE Confidence: 0.8746806

00:48:28.984 --> 00:48:31.212 The camp wildfire, as it was called,

NOTE Confidence: 0.8746806

00:48:31.212 --> 00:48:33.120 was still smoldering and she said,

NOTE Confidence: 0.8746806

00:48:33.120 --> 00:48:35.339 and I can still hear her words,

NOTE Confidence: 0.8746806

00:48:35.340 --> 00:48:37.380 and you know?

NOTE Confidence: 0.8746806

00:48:37.380 --> 00:48:38.492 She said, You know,

NOTE Confidence: 0.8746806

00:48:38.492 --> 00:48:40.470 she described what happened and she said,

NOTE Confidence: 0.8746806

00:48:40.470 --> 00:48:41.050 you know,

NOTE Confidence: 0.8746806

00:48:41.050 --> 00:48:43.560 I really think you need to come here I.

NOTE Confidence: 0.8746806

00:48:43.560 --> 00:48:45.765 I think you there are a lot of kids

NOTE Confidence: 0.8746806

00:48:45.765 --> 00:48:47.586 who want to share their stories

NOTE Confidence: 0.8746806

00:48:47.586 --> 00:48:50.008 and I think it would be so helpful

NOTE Confidence: 0.8746806

00:48:50.008 --> 00:48:51.989 if they could tell them to you.

NOTE Confidence: 0.8746806

00:48:51.990 --> 00:48:54.665 So it took me a few months, but I went.

NOTE Confidence: 0.8746806

00:48:54.665 --> 00:48:56.907 I brought three of My 4 kids and my

NOTE Confidence: 0.8746806

00:48:56.907 --> 00:48:59.027 and my husband and we went to paradise

NOTE Confidence: 0.8746806

00:48:59.089 --> 00:49:01.399 and Holly and Josh took us around

NOTE Confidence: 0.8746806

00:49:01.399 --> 00:49:02.671 this truly apocalyptic landscape.

NOTE Confidence: 0.8746806

00:49:02.671 --> 00:49:05.200 It was April and the town had a toxic.

NOTE Confidence: 0.8746806

00:49:05.200 --> 00:49:08.010 You know it was the air was still very toxic,

NOTE Confidence: 0.8746806

00:49:08.010 --> 00:49:08.844 nobody was there.

NOTE Confidence: 0.8746806

00:49:08.844 --> 00:49:09.678 Everyone you know,

NOTE Confidence: 0.8746806

00:49:09.680 --> 00:49:11.480 no one really knew was going to happen,

NOTE Confidence: 0.8746806

00:49:11.480 --> 00:49:13.598 but this town.

NOTE Confidence: 0.8746806

00:49:13.600 --> 00:49:16.216 I talked to many many kids.

NOTE Confidence: 0.8746806

00:49:16.220 --> 00:49:18.950 I visited kids in their temporary

NOTE Confidence: 0.8746806

00:49:18.950 --> 00:49:22.351 schools and I already saw in April

NOTE Confidence: 0.8746806

00:49:22.351 --> 00:49:24.339 how these teachers educators.

NOTE Confidence: 0.8746806

00:49:24.340 --> 00:49:26.212 And parents were trying to reframe

NOTE Confidence: 0.8746806

00:49:26.212 --> 00:49:27.790 the devastation of the fire.

NOTE Confidence: 0.8746806

00:49:27.790 --> 00:49:30.616 And it was just a fascinating thing to see.

NOTE Confidence: 0.8746806

00:49:30.620 --> 00:49:31.824 Many of them instinctively,

NOTE Confidence: 0.8746806

00:49:31.824 --> 00:49:33.028 these principles and the

NOTE Confidence: 0.8746806

00:49:33.028 --> 00:49:34.070 Superintendent of Paradise,

NOTE Confidence: 0.8746806

00:49:34.070 --> 00:49:36.590 and they were trying to help kids understand,

NOTE Confidence: 0.8746806

00:49:36.590 --> 00:49:37.526 you know, OK,

NOTE Confidence: 0.8746806

00:49:37.526 --> 00:49:38.774 this happened to us.

NOTE Confidence: 0.8982918

00:49:38.780 --> 00:49:40.350 But look what look what,

NOTE Confidence: 0.8982918

00:49:40.350 --> 00:49:41.920 look where we are now.

NOTE Confidence: 0.8982918

00:49:41.920 --> 00:49:43.924 Look at how many people around

NOTE Confidence: 0.8982918

00:49:43.924 --> 00:49:45.869 the country have rallied to help

NOTE Confidence: 0.8982918

00:49:45.869 --> 00:49:47.780 us and look at how we quickly

NOTE Confidence: 0.8982918

00:49:47.780 --> 00:49:49.407 created these temporary schools and

NOTE Confidence: 0.8982918

00:49:49.407 --> 00:49:51.654 look how well you are all doing.

NOTE Confidence: 0.8982918

00:49:51.654 --> 00:49:54.166 And look at how you're helping each other.

NOTE Confidence: 0.8982918

00:49:54.170 --> 00:49:56.426 It was so inspiring to see.

NOTE Confidence: 0.8982918

00:49:56.430 --> 00:49:58.752 I ended up going back another in this summer.

NOTE Confidence: 0.8982918

00:49:58.760 --> 00:50:00.386 They were, you know that now.

NOTE Confidence: 0.8982918

00:50:00.390 --> 00:50:01.980 Paradise was no longer desolate.

NOTE Confidence: 0.8982918

00:50:01.980 --> 00:50:04.508 There were the sounds of saws and Hammers,

NOTE Confidence: 0.8982918

00:50:04.510 --> 00:50:06.100 and it was a deeply,

NOTE Confidence: 0.8982918

00:50:06.100 --> 00:50:07.051 deeply affecting experience.

NOTE Confidence: 0.8982918

00:50:07.051 --> 00:50:09.613 So I wrote a story about it for

NOTE Confidence: 0.8982918

00:50:09.613 --> 00:50:11.311 the magazines and the story of

NOTE Confidence: 0.8982918

00:50:11.311 --> 00:50:13.070 the Fishers and another family.

NOTE Confidence: 0.8982918

00:50:13.070 --> 00:50:14.942 The weddings and a bus driver

NOTE Confidence: 0.8982918

00:50:14.942 --> 00:50:16.886 named captain who went rescued 28

NOTE Confidence: 0.8982918

00:50:16.886 --> 00:50:18.776 children on a harrowing 6 hour.

NOTE Confidence: 0.8982918

00:50:18.780 --> 00:50:20.775 Honestly to get out of the city

NOTE Confidence: 0.8982918

00:50:20.775 --> 00:50:22.260 as it was burning.

NOTE Confidence: 0.8982918

00:50:22.260 --> 00:50:24.276 So I wrote the story and as we

NOTE Confidence: 0.8982918

00:50:24.276 --> 00:50:27.098 often do at the end we gave kids

NOTE Confidence: 0.8982918

00:50:27.098 --> 00:50:28.598 an assignment arriving assignment.

NOTE Confidence: 0.8982918

00:50:28.600 --> 00:50:30.882 We ask them to pick someone from

NOTE Confidence: 0.8982918

00:50:30.882 --> 00:50:31.860 the story and.

NOTE Confidence: 0.8982918

00:50:31.860 --> 00:50:34.056 Write a letter to them explaining

NOTE Confidence: 0.8982918

00:50:34.056 --> 00:50:35.154 what you learned.

NOTE Confidence: 0.8982918

00:50:35.160 --> 00:50:37.314 We got 5000 letters from readers

NOTE Confidence: 0.8982918

00:50:37.314 --> 00:50:39.570 from children all around the country.

NOTE Confidence: 0.8982918

00:50:39.570 --> 00:50:42.002 We box many of them up and send

NOTE Confidence: 0.8982918

00:50:42.002 --> 00:50:44.603 them to the fissures in the weddings

NOTE Confidence: 0.8982918

00:50:44.603 --> 00:50:47.394 and Kevin so you can imagine the

NOTE Confidence: 0.8982918

00:50:47.394 --> 00:50:49.384 effect that these letters had

NOTE Confidence: 0.8982918

00:50:49.384 --> 00:50:51.678 on on the people from Paradise.

NOTE Confidence: 0.8982918

00:50:51.678 --> 00:50:53.508 Knowing that so many children

NOTE Confidence: 0.8982918

00:50:53.508 --> 00:50:55.370 from around the country understood

NOTE Confidence: 0.8982918

00:50:55.370 --> 00:50:57.500 what they were going through and

NOTE Confidence: 0.8982918

00:50:57.500 --> 00:50:59.018 we're learning from them,

NOTE Confidence: 0.8982918

00:50:59.020 --> 00:51:01.589 but was even more remarkable to me.

NOTE Confidence: 0.8982918

00:51:01.590 --> 00:51:03.520 Was what I heard from.

NOTE Confidence: 0.8982918

00:51:03.520 --> 00:51:03.897 Educators,

NOTE Confidence: 0.8982918

00:51:03.897 --> 00:51:06.536 which was the impact that these the

NOTE Confidence: 0.8982918

00:51:06.536 --> 00:51:08.949 story of reading at the experience

NOTE Confidence: 0.8982918

00:51:08.949 --> 00:51:11.759 of reading about the Fishers and the

NOTE Confidence: 0.8982918

00:51:11.759 --> 00:51:14.216 weddings and Kevin had on those kids.

NOTE Confidence: 0.8982918

00:51:14.220 --> 00:51:16.130 They were inspired by them.

NOTE Confidence: 0.8982918

00:51:16.130 --> 00:51:18.035 They were especially many fragile

NOTE Confidence: 0.8982918

00:51:18.035 --> 00:51:19.178 kids struggling readers,

NOTE Confidence: 0.8982918

00:51:19.180 --> 00:51:21.854 much like Hector in the South Bronx.

NOTE Confidence: 0.8982918

00:51:21.860 --> 00:51:24.527 The there was something about these story.

NOTE Confidence: 0.8982918

00:51:24.530 --> 00:51:27.106 The story of this town in these people

NOTE Confidence: 0.8982918

00:51:27.106 --> 00:51:29.878 that was empowering in Sunway watching,

NOTE Confidence: 0.8982918

00:51:29.880 --> 00:51:30.276 modeling,

NOTE Confidence: 0.8982918

00:51:30.276 --> 00:51:32.256 seeing these models of people

NOTE Confidence: 0.8982918

00:51:32.256 --> 00:51:34.709 who are able to go through.

NOTE Confidence: 0.8982918

00:51:34.710 --> 00:51:36.555 These devastating events and slowly

NOTE Confidence: 0.8982918

00:51:36.555 --> 00:51:38.795 figure out ways to move forward

NOTE Confidence: 0.8982918

00:51:38.795 --> 00:51:40.775 and that really is the theme.

NOTE Confidence: 0.8982918

00:51:40.780 --> 00:51:42.916 All of my books are different.

NOTE Confidence: 0.8982918

00:51:42.920 --> 00:51:45.419 In fact, I just finished my wildfire.

NOTE Confidence: 0.8982918

00:51:45.420 --> 00:51:46.844 I did write it.

NOTE Confidence: 0.8982918

00:51:46.844 --> 00:51:48.624 I survived story about this,

NOTE Confidence: 0.8982918

00:51:48.630 --> 00:51:52.258 but seeing the that's really the unifying,

NOTE Confidence: 0.8982918

00:51:52.260 --> 00:51:55.650 I would say theme of all of my work on.

NOTE Confidence: 0.8982918

00:51:55.650 --> 00:51:57.522 Whether it's in the I survived

NOTE Confidence: 0.8982918

00:51:57.522 --> 00:51:59.380 series or in magazine articles,

NOTE Confidence: 0.8982918

00:51:59.380 --> 00:52:01.873 that right is to find ways to show kids

NOTE Confidence: 0.8982918

00:52:01.873 --> 00:52:04.467 to model these stories of resilience.

NOTE Confidence: 0.8982918

00:52:04.470 --> 00:52:06.160 So we have them in,

NOTE Confidence: 0.8982918

00:52:06.160 --> 00:52:06.780 you know,

NOTE Confidence: 0.8982918

00:52:06.780 --> 00:52:09.260 in so many so many of our stories

NOTE Confidence: 0.8982918

00:52:09.341 --> 00:52:10.568 in the magazines,

NOTE Confidence: 0.8982918

00:52:10.570 --> 00:52:12.260 whether it's a girl named

NOTE Confidence: 0.8982918

00:52:12.260 --> 00:52:13.612 Natalia living in Malawi,

NOTE Confidence: 0.8982918

00:52:13.620 --> 00:52:16.662 who has to walk 2 miles to get water,

NOTE Confidence: 0.8982918

00:52:16.670 --> 00:52:18.310 and then the transformative impact

NOTE Confidence: 0.8982918

00:52:18.310 --> 00:52:20.850 of getting a well in her community.

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00:52:20.850 --> 00:52:22.943 This is a great story just to

00:52:22.943 --> 00:52:24.260 quickly share because again,

00:52:24.260 --> 00:52:26.318 you know we love driving it and

00:52:26.318 --> 00:52:28.144 then hearing these are we heard

00:52:28.144 --> 00:52:29.614 from kids around the country

00:52:29.614 --> 00:52:31.580 how much they loved Natalia they

00:52:31.580 --> 00:52:33.554 love this story they they raised

00:52:33.560 --> 00:52:35.110 kids from our readers raids.

00:52:35.110 --> 00:52:36.338 Ended up putting together

00:52:36.338 --> 00:52:37.873 fundraisers and wanting to help

00:52:37.873 --> 00:52:39.447 other other villages get wells.

00:52:39.450 --> 00:52:41.000 They raised 10s of thousands

00:52:41.000 --> 00:52:42.550 of dollars for charity water,

00:52:42.550 --> 00:52:43.790 which is the organization

00:52:43.790 --> 00:52:45.650 that put the well in Italian.

00:52:45.650 --> 00:52:48.258 One group they wanted to know what's it

00:52:48.258 --> 00:52:51.067 like to have to go 2 miles with gallons

00:52:51.067 --> 00:52:53.769 of water on your head so they did it?

00:52:53.770 --> 00:52:56.068 They they they spent an afternoon

00:52:56.068 --> 00:52:58.029 walking two miles around their

00:52:58.029 --> 00:53:00.528 track just to be so they could

00:53:00.528 --> 00:53:02.170 empathize further with Natalia.

00:53:02.170 --> 00:53:03.394 So you know,

00:53:03.394 --> 00:53:05.434 here's a classroom that raised

00:53:05.434 --> 00:53:07.900 money in so many of the kids.

00:53:07.900 --> 00:53:10.588 It's very moving so many of the

00:53:10.588 --> 00:53:12.951 teachers who reach out with stories

00:53:12.951 --> 00:53:15.583 about the impact of a story like

00:53:15.668 --> 00:53:18.251 this or a story like the paradise

00:53:18.251 --> 00:53:20.467 there they are often the teachers.

00:53:20.467 --> 00:53:22.681 Most often I would say from

NOTE Confidence: 0.86717135

00:53:22.681 --> 00:53:24.590 areas that are underserved.

NOTE Confidence: 0.86717135

00:53:24.590 --> 00:53:26.546 There's something very resident

NOTE Confidence: 0.86717135

00:53:26.546 --> 00:53:30.274 about these stories to a lot of our

NOTE Confidence: 0.86717135

00:53:30.274 --> 00:53:32.745 more of a lot of these children.

NOTE Confidence: 0.86717135

00:53:32.750 --> 00:53:34.682 So you know we're again constantly

NOTE Confidence: 0.86717135

00:53:34.682 --> 00:53:36.731 on the lookout for stories that

NOTE Confidence: 0.86717135

00:53:36.731 --> 00:53:38.825 model kids who are facing things,

NOTE Confidence: 0.86717135

00:53:38.830 --> 00:53:39.811 whether it's talent,

NOTE Confidence: 0.86717135

00:53:39.811 --> 00:53:42.550 who has a stutter and became an actor,

NOTE Confidence: 0.86717135

00:53:42.550 --> 00:53:44.578 or fabulous Marie living in Flint,

NOTE Confidence: 0.86717135

00:53:44.580 --> 00:53:46.939 where her whole city was blighted by

NOTE Confidence: 0.86717135

00:53:46.939 --> 00:53:48.634 poison water, what's her reaction?

NOTE Confidence: 0.86717135

00:53:48.634 --> 00:53:49.986 I'm going to fight.

NOTE Confidence: 0.86717135

00:53:49.990 --> 00:53:52.018 I'm going to become an activist.

NOTE Confidence: 0.86717135

00:53:52.020 --> 00:53:54.036 I'm going to write a book,

NOTE Confidence: 0.86717135

00:53:54.040 --> 00:53:56.104 you know, kids just love, love,

NOTE Confidence: 0.86717135

00:53:56.104 --> 00:53:57.226 love, love her.

NOTE Confidence: 0.86717135

00:53:57.226 --> 00:53:59.096 There's Jordan Reeves who was

NOTE Confidence: 0.86717135

00:53:59.096 --> 00:54:01.012 born without an arm an she

NOTE Confidence: 0.86717135

00:54:01.012 --> 00:54:03.020 learned how to make it pretty.

NOTE Confidence: 0.86717135

00:54:03.020 --> 00:54:04.395 3D printed prosthetic for herself

NOTE Confidence: 0.86717135

00:54:04.395 --> 00:54:06.404 and she loves to talk about how

NOTE Confidence: 0.86717135

00:54:06.404 --> 00:54:07.864 this has become her superpower.

NOTE Confidence: 0.86717135

00:54:07.870 --> 00:54:08.788 Kids from history.

NOTE Confidence: 0.86717135

00:54:08.788 --> 00:54:10.318 There's so many kids from

NOTE Confidence: 0.86717135

00:54:10.318 --> 00:54:11.568 history again who we can.

NOTE Confidence: 0.86717135

00:54:11.570 --> 00:54:13.850 We can look at as models for this,

NOTE Confidence: 0.86717135

00:54:13.850 --> 00:54:16.130 so I'm just in a constant, you know,

NOTE Confidence: 0.86717135

00:54:16.130 --> 00:54:18.410 kind of a constant state of of inspiration.

NOTE Confidence: 0.86717135

00:54:18.410 --> 00:54:19.554 And now you know,

NOTE Confidence: 0.86717135

00:54:19.554 --> 00:54:21.550 a lot of teachers say to me,

NOTE Confidence: 0.86717135

00:54:21.550 --> 00:54:23.265 you know, how do we use these

NOTE Confidence: 0.86717135

00:54:23.265 --> 00:54:24.680 stories in our classrooms?

NOTE Confidence: 0.86717135

00:54:24.680 --> 00:54:25.250 You know,

NOTE Confidence: 0.86717135

00:54:25.250 --> 00:54:27.245 how do we make time for them?

NOTE Confidence: 0.86717135

00:54:27.250 --> 00:54:29.245 And many of them use them in

NOTE Confidence: 0.86717135

00:54:29.245 --> 00:54:30.100 their DLA blocks?

NOTE Confidence: 0.86717135

00:54:30.100 --> 00:54:32.207 They're using them to teach main idea

NOTE Confidence: 0.86717135

00:54:32.207 --> 00:54:34.746 and make and test prep and all of that.

NOTE Confidence: 0.86717135

00:54:34.750 --> 00:54:37.186 But they are also elevating them.

NOTE Confidence: 0.86717135

00:54:37.190 --> 00:54:39.584 They're turning the kids that their

NOTE Confidence: 0.86717135

00:54:39.584 --> 00:54:42.010 meaning that they are featured in

NOTE Confidence: 0.86717135

00:54:42.010 --> 00:54:44.656 these stories or books into kind of

NOTE Confidence: 0.86717135

00:54:44.656 --> 00:54:46.928 living people in their classroom.

NOTE Confidence: 0.86717135

00:54:46.930 --> 00:54:47.336 There,

NOTE Confidence: 0.86717135

00:54:47.336 --> 00:54:49.366 they're talking about them there,

NOTE Confidence: 0.86717135

00:54:49.370 --> 00:54:49.747 there,

NOTE Confidence: 0.86717135

00:54:49.747 --> 00:54:52.386 making sure that kids have an opportunity

NOTE Confidence: 0.86717135

00:54:52.386 --> 00:54:55.459 to share these stories with their families.

NOTE Confidence: 0.86717135

00:54:55.460 --> 00:54:57.080 These make fabulous discussion.

NOTE Confidence: 0.86717135

00:54:57.080 --> 00:54:57.890 Dinnertime discussion.

NOTE Confidence: 0.86717135

00:54:57.890 --> 00:54:59.920 We found that last spring

NOTE Confidence: 0.86717135

00:54:59.920 --> 00:55:01.544 when the shutdowns happened,

NOTE Confidence: 0.86717135

00:55:01.550 --> 00:55:02.318 we shared,

NOTE Confidence: 0.86717135

00:55:02.318 --> 00:55:04.622 so we just pushed out these

NOTE Confidence: 0.86717135

00:55:04.622 --> 00:55:06.770 stories more than ever before

NOTE Confidence: 0.86717135

00:55:06.770 --> 00:55:08.935 because we were hearing that.

NOTE Confidence: 0.86717135

00:55:08.940 --> 00:55:10.500 These were stories that

NOTE Confidence: 0.86717135

00:55:10.500 --> 00:55:12.060 were really becoming very,

NOTE Confidence: 0.86717135

00:55:12.060 --> 00:55:12.880 you know,

NOTE Confidence: 0.86717135

00:55:12.880 --> 00:55:15.340 just wonderful for the virtual classroom

NOTE Confidence: 0.86717135

00:55:15.340 --> 00:55:18.398 and then for kids to be engaging with

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00:55:18.398 --> 00:55:21.030 their families about so the stories are,

00:55:21.030 --> 00:55:21.810 you know,

00:55:21.810 --> 00:55:23.370 they're wonderful teaching tools,

00:55:23.370 --> 00:55:25.320 but then they kind of.

00:55:25.320 --> 00:55:27.936 They take root in the classroom

00:55:27.936 --> 00:55:29.680 culture and provide wonderful

00:55:29.753 --> 00:55:32.411 to points of connection for kids

00:55:32.411 --> 00:55:34.676 between themselves with their teacher

00:55:34.676 --> 00:55:37.184 and and also with their families.

00:55:37.190 --> 00:55:39.534 The other thing I just wanted to say

00:55:39.534 --> 00:55:41.703 that was that's really interesting and

00:55:41.703 --> 00:55:44.676 I'm trying to frame now that Nate has

00:55:44.676 --> 00:55:46.902 given me a crash course in framing.

00:55:46.910 --> 00:55:49.916 I want to make sure I say this correctly,

00:55:49.920 --> 00:55:52.237 but I I'm just dazzled by all

00:55:52.237 --> 00:55:54.206 you teachers I was, you know,

NOTE Confidence: 0.8700028

00:55:54.206 --> 00:55:56.292 I spent hours and hours everyday in

NOTE Confidence: 0.8700028

00:55:56.292 --> 00:55:58.805 zoom classrooms over the spring and this

NOTE Confidence: 0.8700028

00:55:58.805 --> 00:56:00.973 summer I've been talking to teachers

NOTE Confidence: 0.8700028

00:56:00.973 --> 00:56:02.989 almost everyday and you guys are.

NOTE Confidence: 0.8700028

00:56:02.990 --> 00:56:05.000 You guys are kind of amazing.

NOTE Confidence: 0.8700028

00:56:05.000 --> 00:56:06.364 You are doing exactly,

NOTE Confidence: 0.8700028

00:56:06.364 --> 00:56:07.728 you know without training.

NOTE Confidence: 0.8700028

00:56:07.730 --> 00:56:08.430 Without resources,

NOTE Confidence: 0.8700028

00:56:08.430 --> 00:56:11.230 in many cases I am just witnessing the

NOTE Confidence: 0.8700028

00:56:11.295 --> 00:56:13.629 incredible ways that you are modeling.

NOTE Confidence: 0.8700028

00:56:13.630 --> 00:56:15.480 You know, you know, pulling,

NOTE Confidence: 0.8700028

00:56:15.480 --> 00:56:17.320 you're pulling your classrooms together,

NOTE Confidence: 0.8700028

00:56:17.320 --> 00:56:19.952 trying too many of them were using reef

NOTE Confidence: 0.8700028

00:56:19.952 --> 00:56:22.488 positive re framing in their classrooms,

NOTE Confidence: 0.8700028

00:56:22.490 --> 00:56:24.340 making SCL front and Center.

00:56:24.340 --> 00:56:26.566 I witnessed how many teachers were

00:56:26.566 --> 00:56:28.827 sitting with their kids and they

00:56:28.827 --> 00:56:30.607 wanted to find Silver Linings.

00:56:30.610 --> 00:56:32.450 You know, what's, you know?

00:56:32.450 --> 00:56:34.988 Let's let's find something good that's

00:56:34.988 --> 00:56:37.071 happening even during these lockdowns

00:56:37.071 --> 00:56:39.951 and no matter where I was and what what.

00:56:39.960 --> 00:56:40.878 Group of kids.

00:56:40.878 --> 00:56:42.714 I was hearing from pretty every

00:56:42.714 --> 00:56:44.379 kid had something to say.

00:56:44.380 --> 00:56:47.036 Oh my brother is playing with me now

00:56:47.036 --> 00:56:49.342 because he is no one else to play

00:56:49.342 --> 00:56:51.820 with or my mom is cooking now and

00:56:51.820 --> 00:56:54.157 it turns out she's becoming a much

00:56:54.157 --> 00:56:56.830 better cook and I can ride my bike and

00:56:56.905 --> 00:56:59.033 I don't have to worry about getting

NOTE Confidence: 0.8700028

00:56:59.033 --> 00:57:01.347 hit by a car 'cause there's nobody

NOTE Confidence: 0.8700028

00:57:01.347 --> 00:57:04.264 out and you just I saw how most of

NOTE Confidence: 0.8700028

00:57:04.264 --> 00:57:05.804 all teachers themselves were living

NOTE Confidence: 0.8700028

00:57:05.804 --> 00:57:07.747 breathing SCL lessons just by being

NOTE Confidence: 0.8700028

00:57:07.747 --> 00:57:09.342 present they teachers were frantic.

NOTE Confidence: 0.8700028

00:57:09.350 --> 00:57:11.330 They were failing with their technology.

NOTE Confidence: 0.8700028

00:57:11.330 --> 00:57:13.458 They were trying to figure out these

NOTE Confidence: 0.8700028

00:57:13.458 --> 00:57:14.370 ridiculous bitmoji classrooms.

NOTE Confidence: 0.8700028

00:57:14.370 --> 00:57:16.407 They were doing all sorts of things

NOTE Confidence: 0.8700028

00:57:16.407 --> 00:57:18.929 that were so out of their comfort zone,

NOTE Confidence: 0.8700028

00:57:18.930 --> 00:57:20.450 but they weren't giving up.

NOTE Confidence: 0.8700028

00:57:20.450 --> 00:57:22.874 They were just in there and in there.

NOTE Confidence: 0.8700028

00:57:22.880 --> 00:57:25.304 And what that to me talk about adapting.

NOTE Confidence: 0.8700028

00:57:25.310 --> 00:57:26.750 You're showing your kids how

NOTE Confidence: 0.8700028

00:57:26.750 --> 00:57:28.190 educators being willing to show

NOTE Confidence: 0.8700028

00:57:28.238 --> 00:57:29.868 their kids how they're struggling.

NOTE Confidence: 0.8700028

00:57:29.870 --> 00:57:32.310 Adapting to me was certainly inspiring to me,

NOTE Confidence: 0.8700028

00:57:32.310 --> 00:57:34.382 and I'm certain it was very inspiring

NOTE Confidence: 0.8700028

00:57:34.382 --> 00:57:36.694 for their kids and I just want to

NOTE Confidence: 0.8700028

00:57:36.694 --> 00:57:38.690 quickly finish by telling you something.

NOTE Confidence: 0.8700028

00:57:38.690 --> 00:57:41.072 I didn't tell you about the

NOTE Confidence: 0.8700028

00:57:41.072 --> 00:57:41.866 children's Blizzard.

NOTE Confidence: 0.8700028

00:57:41.870 --> 00:57:44.355 What I loved about that story is

NOTE Confidence: 0.8700028

00:57:44.355 --> 00:57:46.558 that this Blizzard hit in the

NOTE Confidence: 0.8700028

00:57:46.558 --> 00:57:48.333 middle during late morning while

NOTE Confidence: 0.8700028

00:57:48.333 --> 00:57:50.440 all the kids were in there.

NOTE Confidence: 0.8700028

00:57:50.440 --> 00:57:52.028 One room school houses.

NOTE Confidence: 0.8700028

00:57:52.028 --> 00:57:54.013 So the most remarkable survival

NOTE Confidence: 0.8700028

00:57:54.013 --> 00:57:55.989 stories are those of teachers who

NOTE Confidence: 0.8700028

00:57:55.989 --> 00:57:58.642 figured out a way with their kids to

NOTE Confidence: 0.8700028

00:57:58.642 --> 00:58:00.784 get through this this terrible event.

NOTE Confidence: 0.8700028

00:58:00.790 --> 00:58:03.240 They were burning furniture and books to

NOTE Confidence: 0.8700028

00:58:03.240 --> 00:58:05.789 stay warm after their roofs were there.

NOTE Confidence: 0.8700028

00:58:05.790 --> 00:58:08.289 One room school houses were blown off.

NOTE Confidence: 0.8700028

00:58:08.290 --> 00:58:09.361 One teacher Tide.

NOTE Confidence: 0.8700028

00:58:09.361 --> 00:58:11.860 All of her children together it with,

NOTE Confidence: 0.8700028

00:58:11.860 --> 00:58:12.188 uh?

NOTE Confidence: 0.8700028

00:58:12.188 --> 00:58:14.484 Broke and managed to get all 25

NOTE Confidence: 0.8700028

00:58:14.484 --> 00:58:16.720 kids including you know 5 year old

NOTE Confidence: 0.8700028

00:58:16.720 --> 00:58:19.066 kids safely to shelter was a 2 hour

NOTE Confidence: 0.8700028

00:58:19.066 --> 00:58:20.858 trudge so I think that when we

NOTE Confidence: 0.8676145

00:58:20.860 --> 00:58:22.974 talk about the power of stories the

NOTE Confidence: 0.8676145

00:58:22.974 --> 00:58:25.388 story of what you are all doing now

NOTE Confidence: 0.8676145

00:58:25.388 --> 00:58:27.469 is one that I'm certainly going to

NOTE Confidence: 0.8676145

00:58:27.469 --> 00:58:29.450 be telling for many many years I

NOTE Confidence: 0.8676145

00:58:29.450 --> 00:58:31.516 keep telling kids when they ask me.

NOTE Confidence: 0.8676145

00:58:31.520 --> 00:58:33.776 Everyones asked me are you going to write

NOTE Confidence: 0.8676145

00:58:33.776 --> 00:58:36.260 and I survived COVID-19 and I say no.

NOTE Confidence: 0.8676145

00:58:36.260 --> 00:58:38.636 You know what I don't think I'm going

NOTE Confidence: 0.8676145

00:58:38.636 --> 00:58:40.990 to do it. You should be doing it.

NOTE Confidence: 0.8676145

00:58:40.990 --> 00:58:42.550 You should be keeping track.

NOTE Confidence: 0.8676145

00:58:42.550 --> 00:58:44.587 Of what you're going through right now,

NOTE Confidence: 0.8676145

00:58:44.590 --> 00:58:46.445 and all the ways you're adapting and

NOTE Confidence: 0.8676145

00:58:46.445 --> 00:58:48.129 all the things you're learning and

NOTE Confidence: 0.8676145

00:58:48.129 --> 00:58:50.061 how your life is changing and how

NOTE Confidence: 0.8676145

00:58:50.117 --> 00:58:51.732 you're helping others because years

NOTE Confidence: 0.8676145

00:58:51.732 --> 00:58:54.226 from now writers are going to want to

NOTE Confidence: 0.8676145

00:58:54.226 --> 00:58:56.270 know what this time in history was,

NOTE Confidence: 0.8676145

00:58:56.270 --> 00:58:57.730 and your story is important,

NOTE Confidence: 0.8676145

00:58:57.730 --> 00:59:00.066 your story matters and you're going to help.

NOTE Confidence: 0.8676145

00:59:00.070 --> 00:59:01.822 You're going to help define what

NOTE Confidence: 0.8676145

00:59:01.822 --> 00:59:02.990 this was in history.

NOTE Confidence: 0.8676145

00:59:02.990 --> 00:59:03.830 So with that,

NOTE Confidence: 0.8676145

00:59:03.830 --> 00:59:05.510 thank you so much for spending

NOTE Confidence: 0.8676145

00:59:05.510 --> 00:59:07.079 a little time with me.

NOTE Confidence: 0.8676145

00:59:07.080 --> 00:59:09.708 I really wish we were all together in person,

NOTE Confidence: 0.8676145

00:59:09.710 --> 00:59:12.212 but it's wonderful to feel connected

NOTE Confidence: 0.8676145

00:59:12.212 --> 00:59:13.463 to you now.

NOTE Confidence: 0.8676145

00:59:13.470 --> 00:59:15.955 So I guess I'll give it back to Linda, right?

NOTE Confidence: 0.8676145

00:59:15.955 --> 00:59:16.590 Linda,

NOTE Confidence: 0.8676145

00:59:16.590 --> 00:59:17.440 if you

NOTE Confidence: 0.865008

00:59:17.440 --> 00:59:19.555 want to facilitate the Little

NOTE Confidence: 0.865008

00:59:19.555 --> 00:59:21.668 Q&A with Lauren and Nat,

NOTE Confidence: 0.865008

00:59:21.670 --> 00:59:24.202 I can also shoot some questions

NOTE Confidence: 0.865008

00:59:24.202 --> 00:59:26.744 your way that has come in

NOTE Confidence: 0.865008

00:59:26.744 --> 00:59:28.854 from the audience as well.

NOTE Confidence: 0.865008

00:59:28.860 --> 00:59:32.420 Let me just start with a question that

NOTE Confidence: 0.865008

00:59:32.420 --> 00:59:36.050 someone wrote in her name is Susan Grace Ann.

NOTE Confidence: 0.865008

00:59:36.050 --> 00:59:39.010 Susan is a survivor of abuse and

NOTE Confidence: 0.865008

00:59:39.010 --> 00:59:41.550 trauma and really sorry to hear

NOTE Confidence: 0.8701439875

00:59:41.550 --> 00:59:44.838 season. And she says that one of the

NOTE Confidence: 0.8701439875

00:59:44.840 --> 00:59:46.456 greatest things about recovery is

NOTE Confidence: 0.8701439875

00:59:46.456 --> 00:59:48.404 that there's a science to recovery

NOTE Confidence: 0.8701439875

00:59:48.404 --> 00:59:50.348 and healing, and she was hoping

NOTE Confidence: 0.8708777

00:59:50.350 --> 00:59:53.262 Linda that you might come back on and speak

NOTE Confidence: 0.8708777

00:59:53.262 --> 00:59:55.844 a little bit about the science of recovery

NOTE Confidence: 0.8708777

00:59:55.850 --> 00:59:57.908 and healing. Yes, there is a thank

NOTE Confidence: 0.8708777

00:59:57.908 --> 01:00:00.833 you for that question, and there is.

NOTE Confidence: 0.8708777

01:00:00.833 --> 01:00:03.659 The science of recovery and repair,

NOTE Confidence: 0.8708777

01:00:03.660 --> 01:00:06.270 and we could certainly send

NOTE Confidence: 0.8708777

01:00:06.270 --> 01:00:08.880 you some references about that.

NOTE Confidence: 0.8708777

01:00:08.880 --> 01:00:12.220 A book in the last.

NOTE Confidence: 0.8708777

01:00:12.220 --> 01:00:15.442 I think it's the last three

NOTE Confidence: 0.8708777

01:00:15.442 --> 01:00:18.510 years with the main author,

NOTE Confidence: 0.8708777

01:00:18.510 --> 01:00:20.470 Doctor Steven Southwick Southwick.

NOTE Confidence: 0.8708777

01:00:20.470 --> 01:00:23.410 Is very much about this science

NOTE Confidence: 0.8708777

01:00:23.490 --> 01:00:25.198 of repair and recovery,

NOTE Confidence: 0.8708777

01:00:25.200 --> 01:00:27.928 so that would be 1 great source for

NOTE Confidence: 0.8708777

01:00:27.928 --> 01:00:30.729 you on but Fortunately there is such

NOTE Confidence: 0.8708777

01:00:30.729 --> 01:00:33.946 a such a science and I would say

NOTE Confidence: 0.8708777

01:00:33.946 --> 01:00:36.508 that it's lying to bit behind the

NOTE Confidence: 0.8708777

01:00:36.510 --> 01:00:38.400 science of adversity and damage.

NOTE Confidence: 0.8708777

01:00:38.400 --> 01:00:41.408 But it is a compelling question for us.

NOTE Confidence: 0.8708777

01:00:41.410 --> 01:00:44.133 All of us who work with children

NOTE Confidence: 0.8708777

01:00:44.133 --> 01:00:47.714 is how do we build in the capacity

NOTE Confidence: 0.8708777

01:00:47.714 --> 01:00:49.103 for repair and.

NOTE Confidence: 0.8708777

01:00:49.110 --> 01:00:51.558 And what we call scientifically plasticity.

NOTE Confidence: 0.8708777

01:00:51.560 --> 01:00:53.420 But I've really repairing systems

NOTE Confidence: 0.8708777

01:00:53.420 --> 01:00:56.135 and we now know that it happens

NOTE Confidence: 0.8708777

01:00:56.135 --> 01:00:58.879 across the lifespan and we know not

NOTE Confidence: 0.8708777

01:00:58.879 --> 01:01:01.589 surprising that some of the things

NOTE Confidence: 0.8708777

01:01:01.589 --> 01:01:03.829 that supported our healthy relationships,

NOTE Confidence: 0.8708777

01:01:03.830 --> 01:01:06.284 the ability to be apart of

NOTE Confidence: 0.8708777

01:01:06.284 --> 01:01:07.920 communities and groups altruism,

NOTE Confidence: 0.8708777

01:01:07.920 --> 01:01:10.380 and that is doing for others,

NOTE Confidence: 0.8708777

01:01:10.380 --> 01:01:13.395 is one of the one of the great factors

NOTE Confidence: 0.8708777

01:01:13.395 --> 01:01:16.100 in helping recovery and repair.

NOTE Confidence: 0.8708777

01:01:16.100 --> 01:01:19.332 But let it let us send you the

NOTE Confidence: 0.8708777

01:01:19.332 --> 01:01:20.700 reference for that.

NOTE Confidence: 0.8708777

01:01:20.700 --> 01:01:23.534 For that book for doctor South Lakes book.

NOTE Confidence: 0.8708777

01:01:23.534 --> 01:01:24.242 Thank you,

NOTE Confidence: 0.8708777

01:01:24.242 --> 01:01:24.596 Linda,

NOTE Confidence: 0.8708777

01:01:24.596 --> 01:01:26.720 and I'll just like to forward

NOTE Confidence: 0.8708777

01:01:26.720 --> 01:01:28.490 one other question from the

NOTE Confidence: 0.83251953

01:01:28.490 --> 01:01:30.746 audience. And then I hope you can have

NOTE Confidence: 0.83251953

01:01:30.746 --> 01:01:33.089 a brief conversation among yourself.

NOTE Confidence: 0.83251953

01:01:33.090 --> 01:01:34.860 But woman Lena Lena Leo.

NOTE Confidence: 0.83251953

01:01:34.860 --> 01:01:36.630 If I'm saying it right,

NOTE Confidence: 0.83251953

01:01:36.630 --> 01:01:39.101 Rd in that she works at a

NOTE Confidence: 0.83251953

01:01:39.101 --> 01:01:40.875 preschool and parents are coming

NOTE Confidence: 0.83251953

01:01:40.875 --> 01:01:43.360 to her and saying that they have

NOTE Confidence: 0.83251953

01:01:43.360 --> 01:01:45.479 their three and four year olds,

NOTE Confidence: 0.83251953

01:01:45.480 --> 01:01:47.252 asking them questions about Covid

NOTE Confidence: 0.83251953

01:01:47.252 --> 01:01:49.364 and then their intern coming to

NOTE Confidence: 0.855590779090909

01:01:49.370 --> 01:01:50.674 the preschool and saying.

NOTE Confidence: 0.855590779090909

01:01:50.674 --> 01:01:53.210 How do I address my child concern?

NOTE Confidence: 0.855590779090909

01:01:53.210 --> 01:01:54.870 So again, I think this

NOTE Confidence: 0.855590779090909

01:01:54.870 --> 01:01:56.530 is a question for Linda

NOTE Confidence: 0.86877435

01:01:56.530 --> 01:01:58.854 and that might have some framing ideas

NOTE Confidence: 0.86877435

01:01:58.860 --> 01:02:01.183 directed at three and four year olds.

NOTE Confidence: 0.86877435

01:02:01.183 --> 01:02:04.259 But can you, can you?

NOTE Confidence: 0.86877435

01:02:04.260 --> 01:02:07.600 Sorry, ideas on how we speak to that as well,

NOTE Confidence: 0.86877435

01:02:07.600 --> 01:02:10.036 so I think that there are some

NOTE Confidence: 0.86877435

01:02:10.036 --> 01:02:12.629 things coming out and we'd be glad

NOTE Confidence: 0.86877435

01:02:12.629 --> 01:02:14.843 to again send you some references.

NOTE Confidence: 0.86877435

01:02:14.850 --> 01:02:17.498 Too short books about how you talk about

NOTE Confidence: 0.86877435

01:02:17.498 --> 01:02:20.540 the virus, how you talk about Kovid.

NOTE Confidence: 0.86877435

01:02:20.540 --> 01:02:24.880 But I think the central message about

NOTE Confidence: 0.86877435

01:02:24.880 --> 01:02:27.960 Covid is. That you're there, do you,

NOTE Confidence: 0.86877435

01:02:27.960 --> 01:02:30.036 or whomever is asking the question

NOTE Confidence: 0.86877435

01:02:30.036 --> 01:02:33.024 are there to help the child help the

NOTE Confidence: 0.86877435

01:02:33.024 --> 01:02:34.944 child feel safe there altogether?

NOTE Confidence: 0.86877435

01:02:34.950 --> 01:02:36.054 You're learning annual.

NOTE Confidence: 0.86877435

01:02:36.054 --> 01:02:37.526 You're all learning together.

NOTE Confidence: 0.86877435

01:02:37.530 --> 01:02:39.738 You'll be right there for them.

NOTE Confidence: 0.86877435

01:02:39.740 --> 01:02:41.575 I think the consistency of

NOTE Confidence: 0.86877435

01:02:41.575 --> 01:02:43.043 presence is most important,

NOTE Confidence: 0.86877435

01:02:43.050 --> 01:02:45.402 but there are some actually pretty

NOTE Confidence: 0.86877435

01:02:45.402 --> 01:02:47.356 good resources now explaining the

NOTE Confidence: 0.86877435

01:02:47.356 --> 01:02:49.294 virus to to the younger children,

NOTE Confidence: 0.86877435

01:02:49.300 --> 01:02:51.876 and we can send you those references.

NOTE Confidence: 0.86877435

01:02:51.880 --> 01:02:54.088 Lauren or not, would you add?

NOTE Confidence: 0.89145994

01:02:55.280 --> 01:02:57.464 I know nothing about framing for

NOTE Confidence: 0.89145994

01:02:57.464 --> 01:03:00.840 three to four year olds, but.

NOTE Confidence: 0.89145994

01:03:00.840 --> 01:03:03.156 I guess I I mean, my recommendations.

NOTE Confidence: 0.89145994

01:03:03.156 --> 01:03:05.417 More generally would be that kind of

NOTE Confidence: 0.89145994

01:03:05.417 --> 01:03:07.155 balance recommendation around kind of

NOTE Confidence: 0.89145994

01:03:07.155 --> 01:03:09.189 some version of urgency and Efficacy,

NOTE Confidence: 0.89145994

01:03:09.190 --> 01:03:11.128 but I don't think it's productive

NOTE Confidence: 0.89145994

01:03:11.128 --> 01:03:12.825 to Underplay the weight and

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NOTE Confidence: 0.89145994

01:03:12.825 --> 01:03:14.525 consequences of what's going on,

NOTE Confidence: 0.89145994

01:03:14.530 --> 01:03:17.435 but I think it is dangerous and

NOTE Confidence: 0.89145994

01:03:17.435 --> 01:03:19.320 irresponsible not to convey.

NOTE Confidence: 0.89145994

01:03:19.320 --> 01:03:21.840 A way out some signs connotation of

NOTE Confidence: 0.89145994

01:03:21.840 --> 01:03:24.384 solutions and a sense of agency that there

NOTE Confidence: 0.89145994

01:03:24.384 --> 01:03:26.879 are things that that individual people,

NOTE Confidence: 0.89145994

01:03:26.880 --> 01:03:28.680 an importantly kind of collectives

NOTE Confidence: 0.89145994

01:03:28.680 --> 01:03:29.760 of people can,

NOTE Confidence: 0.89145994

01:03:29.760 --> 01:03:31.986 should and must be doing in this

NOTE Confidence: 0.89145994

01:03:31.986 --> 01:03:34.797 time to to address what's going on.

NOTE Confidence: 0.89145994

01:03:34.800 --> 01:03:37.995 So I think you want to try to balance

NOTE Confidence: 0.89145994

01:03:37.995 --> 01:03:40.560 those those two and how you communicate.

NOTE Confidence: 0.89145994

01:03:40.560 --> 01:03:43.020 I mean, I think that's the that's

NOTE Confidence: 0.89145994

01:03:43.020 --> 01:03:44.854 probably both the honest and

NOTE Confidence: 0.89145994

01:03:44.854 --> 01:03:46.679 the the effective and efficient

NOTE Confidence: 0.8268405

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01:03:46.680 --> 01:03:47.760 way of communicating.

NOTE Confidence: 0.8753918

01:03:49.200 --> 01:03:51.600 At the time there is scholastic

NOTE Confidence: 0.8753918

01:03:51.600 --> 01:03:54.741 has a very cool resource that is

NOTE Confidence: 0.8753918

01:03:54.741 --> 01:03:57.639 just just been released last week.

NOTE Confidence: 0.8753918

01:03:57.640 --> 01:03:59.855 It's on Instagram and it's

NOTE Confidence: 0.8753918

01:03:59.855 --> 01:04:01.627 called the social bookshelf,

NOTE Confidence: 0.8753918

01:04:01.630 --> 01:04:03.935 the bookshelf and it's organized

NOTE Confidence: 0.8753918

01:04:03.935 --> 01:04:06.240 by 68 different topics ranging

NOTE Confidence: 0.8753918

01:04:06.314 --> 01:04:08.289 from anxiety to racism too.

NOTE Confidence: 0.8753918

01:04:08.290 --> 01:04:10.510 You know, you name it.

NOTE Confidence: 0.8753918

01:04:10.510 --> 01:04:12.025 Everything in between.

NOTE Confidence: 0.8753918

01:04:12.025 --> 01:04:14.550 It's actually the topics were

NOTE Confidence: 0.8753918

01:04:14.550 --> 01:04:17.539 chosen based on a survey that was

NOTE Confidence: 0.8753918

01:04:17.539 --> 01:04:19.990 done of parents of including there.

NOTE Confidence: 0.8753918

01:04:19.990 --> 01:04:21.538 Parents, quite young children

NOTE Confidence: 0.8753918

01:04:21.538 --> 01:04:23.860 and what they've done is they've

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NOTE Confidence: 0.8753918

01:04:23.928 --> 01:04:25.738 for every single issue they've

NOTE Confidence: 0.8753918

01:04:25.738 --> 01:04:28.257 provided a book excerpt and some of

NOTE Confidence: 0.8753918

01:04:28.257 --> 01:04:30.177 them are young are picture books,

NOTE Confidence: 0.8753918

01:04:30.180 --> 01:04:32.095 Peter Reynolds or some wonderful

NOTE Confidence: 0.8753918

01:04:32.095 --> 01:04:34.997 picture books all the way up to Harry

NOTE Confidence: 0.8753918

01:04:34.997 --> 01:04:37.125 Potter and then if you continue to

NOTE Confidence: 0.8753918

01:04:37.195 --> 01:04:39.145 swipe through there some questions

NOTE Confidence: 0.8753918

01:04:39.145 --> 01:04:41.786 that you can better kind of used

NOTE Confidence: 0.8753918

01:04:41.786 --> 01:04:43.501 for a conversation facilitation with

NOTE Confidence: 0.8753918

01:04:43.501 --> 01:04:46.419 your child and then at the end there

NOTE Confidence: 0.8753918

01:04:46.419 --> 01:04:47.883 are other recommended resources

NOTE Confidence: 0.8753918

01:04:47.883 --> 01:04:50.215 including other books and also free

NOTE Confidence: 0.8753918

01:04:50.215 --> 01:04:51.739 classroom magazine articles that.

NOTE Confidence: 0.8753918

01:04:51.740 --> 01:04:53.040 Are on these topics,

NOTE Confidence: 0.8753918

01:04:53.040 --> 01:04:54.340 so that's definitely something

NOTE Confidence: 0.8753918

01:04:54.340 --> 01:04:55.599 nice to check out.

NOTE Confidence: 0.8769536

01:04:57.230 --> 01:04:58.959 We can send that link to Karen,

NOTE Confidence: 0.8769536

01:04:58.960 --> 01:05:00.689 can we send that link as well?

NOTE Confidence: 0.8796583

01:05:02.770 --> 01:05:04.600 Yes, I'll put out link

NOTE Confidence: 0.8796583

01:05:04.600 --> 01:05:06.790 in the chat box for the

NOTE Confidence: 0.8796583

01:05:06.790 --> 01:05:09.710 social bookshelf, so thank you and I think

NOTE Confidence: 0.8796583

01:05:09.710 --> 01:05:10.799 that we probably

NOTE Confidence: 0.8796583

01:05:10.800 --> 01:05:12.630 ought to wrap up and

NOTE Confidence: 0.8796583

01:05:12.630 --> 01:05:15.358 give people a break before our next session

NOTE Confidence: 0.8796583

01:05:15.358 --> 01:05:18.637 when we come back at one which will be

NOTE Confidence: 0.8796583

01:05:18.637 --> 01:05:20.660 on reconsidering family engagement in

NOTE Confidence: 0.8796583

01:05:20.660 --> 01:05:23.578 the time of Kovid. And I know that

NOTE Confidence: 0.8796583

01:05:23.578 --> 01:05:25.768 they are using some of NASA's

NOTE Confidence: 0.8796583

01:05:25.770 --> 01:05:28.304 research on re framing in terms of

NOTE Confidence: 0.8796583

01:05:28.304 --> 01:05:30.876 how to present the concept of family

NOTE Confidence: 0.8796583

01:05:30.876 --> 01:05:32.384 engagement most effectively so.

NOTE Confidence: 0.8796583

01:05:32.384 --> 01:05:35.093 Thanks for your work and thank you

NOTE Confidence: 0.8796583

01:05:35.100 --> 01:05:36.930 all for your wonderful presentation.

NOTE Confidence: 0.74812293

01:05:38.480 --> 01:05:41.125 Thank you Karen. Thanks

NOTE Confidence: 0.74812293

01:05:41.125 --> 01:05:43.040 everybody. Say everyone.