



## Culture & Trauma ISU x ICOY March 2022

### Training Videos

Mindful Moment Video – Accepting the Mind

- <https://youtu.be/qUc71-W9Os>

Challenge the Assumptions:

- <https://youtu.be/BFcfqmVah8>

Growing up Poor in America (full length film)

- <https://www.youtube.com/watch?v=qAxQltlGodA>

### Requested Sources from Audience

- Statistics referenced on Intergenerational Poverty
  - o Link: <https://www.ballardbrief.org/our-briefs/intergenerational-poverty-in-the-us-83scy>
  - o **Quoted** “According to a 2009 study, 10.7% of the population that was born into poverty between the years of 1970 and 1990 in the United States will live over half of their lives in poverty,<sup>13</sup> which comes out to approximately 38–40.5 years in poverty. Additionally, studies show that 90.9% of women give birth to their first five children before the age of 34,<sup>14</sup> so most women in this generation born in poverty who have children are more than 90% likely to have children in poverty. Given the trends of intergenerational poverty, an estimated 6.4% of children born in poverty spend all of their lives in poverty,<sup>15</sup> which consequently perpetuates the poverty cycle further. Chronic, intergenerational poverty is not a result of a one-time financial crisis but of larger factors passed from generation to generation.”