

Poverty Impact on Mental Health

Another factor that restricts the school success of children in poverty is stress.

Stress from housing conditions, poor nutrition, and other factors can affect a child's physical and cognitive development. This can lead to mental conditions that impact a student's motivation and desire to do well in school. Research by the Crittenton Women's Union says that, "When a person lives in poverty, the brain is constantly sending fear and stress messages, which overloads its ability to solve problems, set goals, and complete tasks in the most efficient ways."

Because these students will continue to be behind, low-income children are six times more likely to drop out when they reach high school. Without a high school diploma, many children will have a difficult time finding employment. According to the American Psychological Association, children without diplomas are also "more likely to rely on public assistance and engage in crime."

Adapted from: <https://www.operationwarm.org/blog/how-does-poverty-impact-school-success/>

- 1. What can cause stress?**
- 2. What is cognitive development?**
- 3. If a person grows up in poverty, what does the brain do, and what is the effect of this?**
- 4. How could growing up in poverty affect your life as an adult?**