



Early Childhood Experiences Can Change our DNA:

The science of epigenetics shows us how our earliest experiences affect who we become

Please watch this short YouTube video on epigenetics

The video player shows a slide titled "Epigenetics" with the following text:

- epigenetics = on top of genetics
- chemical modifications of chromosomal DNA and/or structures that change the pattern of gene expression without altering the DNA sequence

Below the text are two toggle switches. The left switch is in the "ON" position (black knob at the bottom, green "ON" label at the bottom, red "OFF" label at the top). The right switch is in the "OFF" position (black knob at the top, red "OFF" label at the top, green "ON" label at the bottom). The video player interface includes a play button, a progress bar at 0:57 / 24:53, and various control icons.

Introducing epigenetics

As you watch, answer the following questions:

- What was the narrator's point about twins?
- How can one twin grow up to run marathons while the other grows up to get heart disease?
- What is research showing about the intergenerational effects of social experiences in childhood?