

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart, Blincow and Thomas 2007 www.boingboing.org.uk					
	<u>BASICS</u>	<u>BELONGING</u>	<u>LEARNING</u>	<u>COPING</u>	<u>CORE SELF</u>
SPECIFIC APPROACHES	<u>Good enough housing</u>	<u>Find somewhere for the child/YP to belong</u>	<u>Make school/college life work as well as possible</u>	<u>Understanding boundaries and keeping within them</u>	<u>Instil a sense of hope</u>
		<u>Help child/YP understand their place in the world</u>			
	<u>Enough money to live</u>	<u>Tap into good influences</u>	<u>Engage mentors for children/YP</u>	<u>Being brave</u>	<u>Support the child/YP to understand other people's feelings</u>
		<u>Keep relationships going</u>		<u>Solving problems</u>	
	<u>Being safe</u>	<u>The more healthy relationships the better</u>	<u>Map out career or life plan</u>	<u>Putting on rose-tinted glasses</u>	<u>Help the child/YP to know her/himself</u>
	<u>Access & transport</u>	<u>Take what you can from relationships where there is some hope</u>		<u>Fostering their interests</u>	
	<u>Healthy diet</u>	<u>Get together people the child/YP can count on</u>	<u>Help the child/YP to organise her/himself</u>	<u>Calming down & self-soothing</u>	<u>Help the child/YP take responsibility for her/himself</u>
		<u>Responsibilities & obligations</u>			
	<u>Exercise and fresh air</u>	<u>Focus on good times and places</u>	<u>Highlight achievements</u>	<u>Remember tomorrow is another day</u>	<u>Foster their talents</u>
	<u>Enough sleep</u>	<u>Make sense of where child/YP has come from</u>			
	<u>Play & leisure</u>	<u>Predict a good experience of someone or something new</u>	<u>Develop life skills</u>	<u>Lean on others when necessary</u>	<u>There are tried and tested treatments for specific problems, use them</u>
<u>Being free from prejudice and discrimination</u>	<u>Make friends and mix with other children/YPs</u>	<u>Have a laugh</u>			
NOBLE TRUTHS					
	<u>ACCEPTING</u>	<u>CONSERVING</u>	<u>COMMITMENT</u>	<u>ENLISTING</u>	