

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart & Blincow with Thomas 2007

	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing ✓	Find somewhere for the child/YP to belong ✓	Make school/college life work as well as possible ✓	Understanding boundaries and keeping within them ✓	Instil a sense of hope ✓
	Enough money to live	Help child/YP understand their place in the world ✓		Engage mentors for children/YP ✓	
		Being safe ✓	Tap into good influences ✓		Solving problems ✓
	Access & transport ✓	Keep relationships going ✓	Map out career or life plan	Putting on rose-tinted glasses ✓	Help the child/YP to know her/himself ✓
		The more healthy relationships the better ✓		Fostering their interests ✓	
	Healthy diet	Get together people the child/YP can count on ✓	Help the child/YP to organise her/himself ✓	Calming down & self-soothing ✓	Help the child/YP take responsibility for her/himself ✓
		Responsibilities & obligations ✓			
	Exercise and fresh air ✓	Focus on good times and places ✓	Highlight achievements ✓	Remember tomorrow is another day ✓	Foster their talents ✓
	Enough sleep ✓	Make sense of where child/YP has come from ✓		Lean on others when necessary ✓	
	Play & leisure ✓	Predict a good experience of someone or something new ✓	Develop life skills ✓	Have a laugh ✓	There are tried and tested treatments for specific problems, use them
	Being free from prejudice & discrimination				

NOBLE TRUTHS

ACCEPTING	CONSERVING	COMMITMENT	ENLISTING
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