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/young person 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/young person understand their place in the world	Engage mentors for children/young people	Being brave	Support the child/young person to understand other people's feelings *
		Tap into good influences *			
	Being safe *	Keep relationships going *		Solving problems *	
	Access and transport	The more healthy relationships the better *	Map out career or life plan	Putting on rose-tinted glasses	Help the child/young person to know her/himself *
	Healthy diet	Take what you can from relationships where there is some hope *		Fostering their interests *	
	Exercise and fresh air *	Get together people the child/young person can count on *	Help the child/young person to organise her/himself *	Calming down and self-soothing *	Help the child/young person take responsibility for her/himself *
		Responsibilities and obligations			
	Enough sleep *	Focus on good times and places	Highlight achievements *	Remember tomorrow is another day	Foster their talents
		Make sense of where child/young person has come from			
	Play and leisure *	Predict a good experience of someone or something new	Develop life skills	Lean on others when necessary *	There are tried and tested treatments for specific problems, use them *
	Being free from prejudice and discrimination	Make friends and mix with other children/young people *		Have a laugh *	

NOBLE TRUTHS

ACCEPTING	CONSERVING	COMMITMENT	ENLISTING

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* The topics highlighted are those mainly featured in Smart Moves as the result of research carried out by Eikon into the key areas relating to school transition