

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart & Blincow 2007 [www.boingboing.org.uk](http://www.boingboing.org.uk)

	<b>BASICS</b>	<b>BELONGING</b>	<b>LEARNING</b>	<b>COPING</b>	<b>CORE SELF</b>	
<b>SPECIFIC APPROACHES</b>	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 brave
		Being safe	Tap into good influences		Solving problems	Support the child/YP to understand other people's feelings
	Access & transport	Keep relationships going	Map out career or life plan		Putting on rose-tinted glasses	
		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
	Exercise and fresh air	Responsibilities & obligations		Highlight achievements	Remember tomorrow is another day	
		Enough sleep	Focus on good times and places		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
		Make friends and mix with other children/YPs				
	<b>NOBLE TRUTHS</b>					
	<b>ACCEPTING</b>		<b>CONSERVING</b>		<b>ENLISTING</b>	