

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

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