

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

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