

**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 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 themselves
		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 themselves	Calming down & self-soothing	Help the child/YP take responsibility for her/herself
	Exercise and fresh air	Responsibilities & obligations		Remember tomorrow is another day	
		Enough sleep	Focus on good times and places		Lean on others when necessary
	Play & leisure	Make sense of where child/YP has come from	Highlight achievements	Have a laugh	There are tried and tested treatments for specific problems, use them
	Being free from prejudice & discrimination	Predict a good experience of someone or something new			
	Make friends and mix with other children/YPs				

**NOBLE TRUTHS**

<b>ACCEPTING</b>	<b>CONSERVING</b>	<b>COMMITMENT</b>	<b>ENLISTING</b>
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