

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart & Blincow with Thomas 2007						
	BASICS	BELONGING	LEARNING	COPING	CORE SELF	
<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	Instill a sense of hope	
		Help child/YP understand their place in the world				
	Enough money to live	Tap into good influences	Engage mentors for children/YP	Being brave	Support the child/YP to understand other people's feelings	
		Keep relationships going				
	Being safe	The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself	
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Fostering their interests	Help the child/YP take responsibility for her/himself	
	Enough sleep	Focus on good times and places	Highlight achievements	Remember tomorrow is another day	Foster their talents	
Being free from prejudice & discrimination	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		
						Make friends and mix with other children/YPs
<b>NOBLE TRUTHS</b>						
<b>ACCEPTING</b>	<b>CONSERVING</b>	<b>COMMITMENT</b>	<b>ENLUSTING</b>			