

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

Resilience Framework (Children & Young People) Oct 2012 – adapted from Hart & Blincow with Thomas 2007					
	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 her/himself
	Access & transport	Take what you can from relationships where there is some hope		Help the child/YP to organise her/himself	
		Healthy diet	Get together people the child/YP can count on	Highlight achievements	Remember tomorrow is another day
	Responsibilities & obligations		Lean on others when necessary		
	Exercise and fresh air	Focus on good times and places	Develop life skills	Have a laugh	There are tried and tested treatments for specific problems, use them
		Make sense of where child/YP has come from			
	Enough sleep	Predict a good experience of someone or something new			
	Play & leisure	Make friends and mix with other children/YPs			
	Being free from prejudice & discrimination				
NOBLE TRUTHS					
	ACCEPTING	CONSERVING	COMMITMENT	ENLISTING	