

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
	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 her/himself
		The more healthy relationships the better		Fostering their interests	
	Healthy diet	Take what you can from relationships where there is some hope	Help the child/YP to organise her/himself	Calming down & self-soothing	Help the child/YP take responsibility for her/himself
		Get together people the child/YP can count on			
	Exercise and fresh air	Responsibilities & obligations	Highlight achievements	Remember tomorrow is another day	Foster their talents
		Focus on good times and places			
	Enough sleep	Make sense of where child/YP has come from	Develop life skills	Lean on others when necessary	There are tried and tested treatments for specific problems, use them
	Play & leisure	Predict a good experience of someone or something new		Have a laugh	
	Being free from prejudice & discrimination				

NOBLE TRUTHS

ACCEPTING	CONSERVING	COMMITMENT	ENLISTING
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