

Resilience in the child

- secure attachment experience
- an outgoing temperament as an infant
- good communication skills, sociability
- planner, belief in control
- humour
- problem solving skills, positive attitude
- experience of success and achievement
- religious faith
- capacity to reflect
- being female in younger children

Resilience in families

- At least one good parent-child relationship
- Affection
- Clear, firm consistent discipline
- Support for education
- Supportive long term relationship/absence of severe discord

Resilience in communities

- Wide supportive network
- Good housing
- High standard of living
- High morale school with positive policies for behaviour, attitudes and anti-bullying
- Schools with strong academic and non-academic opportunities
- Range of sport/leisure activities
- Anti-discriminatory practice