

Resiliency and Protective Factors

Information for Families

RESILIENCY is the ability to “bounce back” or return to being positive and healthy after a stressful situation or bad experience.



BOUNCING BACK

Resilient people are able to handle stress or “bounce back” due to their own emotional strength, courage and discipline or because they have come across people or activities that encouraged the development of their resilience. These internal and external conditions are called “protective factors” and these “factors” or “buffers” are more powerful than past trauma or current stress.



RESILIENCE IS IMPORTANT

Resilience is a buffer against the negative impact of traumatic events or Adverse Childhood Experiences (ACEs) such as: abuse, neglect, bullying, poverty, witnessing violence, household substance abuse or mental illness, discrimination and family separation. How we handle these stressful experiences impacts our success in life.

Resilient people thrive regardless of their current or past circumstances. Some people are naturally more resilient than others. However, **everybody has the potential to be a resilient person.** We can build resilience in ourselves and families.





RESILIENCE TRUMPS ACEs!

Parents, teachers & caregivers help children by:

- Understanding the impact of ACEs.
- Creating safe and caring environments at home, in schools, and in the community.



FIVE PROTECTIVE FACTORS

- **Having resilient parents** who are problem solvers and have the ability to maintain a positive attitude when facing challenges.
- **Having nurturing parents** who pay attention to a child's emotional and physical needs and offer support when needed.
- **Having basic needs met** by parents who seek help when having trouble providing access to safe housing, nutritious food, appropriate clothing and healthcare for their child.
- **Having positive interactions and relationships** with family, friends, or neighbors who are willing to help and listen.
- **Having parents who understand child development** and how they can help their child grow in a healthy way.

WE BUILD OUR RESILIENCE BY:

- Practicing positive thinking.
- Focusing on personal strengths.
- Setting goals & working to achieve them.
- Not comparing ourselves to others.
- Not worrying about what others think.
- Never thinking of ourselves as a victim.
- Maintaining healthy relationships.
- Taking care of our mind and body.

WE HELP CHILDREN BUILD RESILIENCE BY:

- Having a positive attitude.
- Having healthy relationships.
- Expressing our emotions appropriately.
- Spending time playing with our children.
- Building their self-esteem.
- Paying attention to our children's needs
- Encouraging and supporting our children.



Resources:

211 Info Community Resources

<http://211info.org/>

Washington County Educational Resources

<http://www.co.washington.or.us/HHS/ChildrenYouthFamilies/>

Children's Trust Fund

<http://ctf4kids.org/>

Center for the Study of Social Policy

<http://www.cssp.org/reform/strengtheningfamilies>

Futures Without Violence

<http://www.futuresWithoutViolence.org>

Mind Tools

www.mindtools.com

Resilience Trumps ACEs

www.resiliencetrumpsaces.org

Resiliency in Action

<https://www.resiliency.com/>

