PROMISING FUTURES
PROMOTING RESILIENCY
among children and youth experiencing domestic violence

PROTECTIVE FACTORS THAT PROMOTE RESILIENCY

INDIVIDUAL

Temperament
Individual temperament or sense of humor

Understanding
Ability to make sense of their experiences

Mastery
Opportunities to experience mastery

Expression
Opportunities to express feelings through words, music, etc.

Conflict Resolution
Development of conflict resolution & relaxation techniques

Culture
Strong cultural identity

RELATIONSHIPS

Ability to form relationships with peers

Role Models
Adults who role model healthy relationships

Supportive Relationships
Positive child-caregiver relationships

Health
Healthy caregivers

Networks
Relationships with extended family members and others

Stability
Stable living environment

FAMILY

COMMUNITY

Access to Services
Basic needs, advocacy, health

School
Positive school climate and supports

Mentors
Role models & mentors, i.e. coach, faith leader

Neighborhood Cohesion
Safe & connected communities

Get started at www.PromisingFuturesWithoutViolence.org
National Domestic Violence Hotline: 1-800-799-7233 (SAFE)
National Dating Abuse Helpline: 1-866-331-9474 or text “loves” to 77054