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The promotion of resilience: Children and youth in the context of trauma

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Protective factors associated with Resilience

- The victim's resilience depends on the quality of the environment and resources available to sustain well-being rather than individual attributes.
- The impact of multiple systems on an individual's capacity for resilience, i.e., the social-ecological model



Protective factors associated with Resilience

- Relationships
- Power/control
- Social justice
- Social support (formal/informal)
- Access to resources
- A sense of cohesion/belonging
- Trauma-informed schools and care



Photo. Pixels.com (Lukas)

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