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 Engage mentors for children/YP	Understanding boundaries and keeping within them Being brave	Instil a sense of hope
		Help child/YP understand their place in the world			
	Enough money to live	Tap into good influences		Dellig brave	Support the child/YP to understand other people's feelings
	Being safe	Keep relationships going		Solving problems	
	Access & transport	The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself
		Take what you can from relationships where there is some hope		Fostering their interests	
	Healthy diet co	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Calming down & self- soothing	Help the child/YP take responsibility for her/himself
		Responsibilities & obligations			
		Focus on good times and places	Highlight achievements	Remember tomorrow is another day	F
	Enough sleep	Make sense of where child/YP has come from		Lean on others when	Foster their talents
	Play & leisure Being free	Predict a good experience of someone or something new	Develop life skills	necessary	There are tried and tested treatments for specific problems, use them
	from prejudice & discrimination	Make friends and mix with other children/YPs		Have a laugh	
NOBLE TRUTHS					
ACCEPTING		CONSERVING	COMMITMENT		ENLISTING