

# 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

##### Relationships

Ability to form relationships with peers



##### 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

#### FAMILY

##### Role Models

Adults who role model healthy relationships



##### Health

Healthy caregivers



##### Networks

Relationships with extended family members and others



##### Supportive Relationships

Positive child-caregiver relationships



##### Stability

Stable living environment

#### COMMUNITY



##### Access to Services

Basic needs, advocacy, health



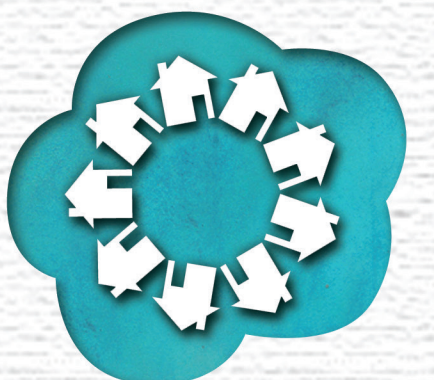
##### School

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](http://www.PromisingFuturesWithoutViolence.org)

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)

National Dating Abuse Helpline: 1-866-331-9474 or text "loveis" to 77054

*Promising Futures: Best Practices for Serving Children, Youth & Parents is a project of Futures Without Violence*

**FUTURES**  
WITHOUT VIOLENCE®