

Resilience Framework for Children and Young People – Black and White

 boingboing.org.uk/boingboing-resilience-framework-greyscale

CRSJ / Boingboing / ResilienceRevolution

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Resilience Framework (Children & Young People) Oct 2012 - adapted from Hart & Blincow 2007 www.boingboing.org.uk					
	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	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help child/YP understand their place in the world		Engage mentors for children/YP	
		Being safe	Tap into good influences		Solving problems
	Access & transport	Keep relationships going	Map out career or life plan		Putting on rose-tinted glasses
		The more healthy relationships the better		Fostering their interests	
	Healthy diet	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
	Exercise and fresh air	Responsibilities & obligations			
		Enough sleep	Focus on good times and places	Highlight achievements	Remember tomorrow is another day
	Play & leisure	Make sense of where child/YP has come from	Lean on others when necessary		
	Being free from prejudice & discrimination	Predict a good experience of someone or something new		Develop life skills	Have a laugh
	Make friends and mix with other children/YPs				
NOBLE TRUTHS					
	ACCEPTING	CONSERVING	COMMITMENT	ENLISTING	

The Resilience Framework for Children and Young People

This is the classic Resilience Framework for children and young people produced in black and white in case you, or the young people you support, prefer to colour code it yourselves, or don't have access to a colour printer. The Resilience Framework summarises a set of ideas and practices that promote resilience and sets out 42 resilient moves that can be made to support children and young people's resilience.

[Download Framework \(PDF\)](#)



Previous Resilience Forums

You can find information about our previous Resilience Forums in Brighton, Blackpool, Hastings and online here. Many of our previous Resilience Forums and Centre meetings have slides you can download, blogs you can read, or short films you can watch.