

PROMISING FUTURES

PROMOTING RESILIENCY

among children and youth experiencing domestic violence

Almost 30 million American children will be exposed to family violence by the time they are 17 years old.^[2] Kids who are exposed to violence are affected in different ways and not all are traumatized or permanently harmed. Protective factors can promote resiliency, help children and youth heal, and support prevention efforts.

Research indicates that the #1 protective factor in helping children heal from the experience is the presence of a consistent, supportive, and loving adult—most often their mother.^[1]

PROTECTIVE FACTORS THAT PROMOTE RESILIENCY

INDIVIDUAL

Temperament
Individual temperament
or sense of humor

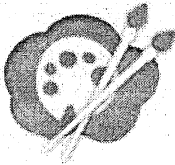


Understanding
Ability to make sense of
their experiences

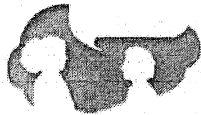
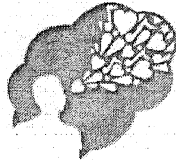
Relationships
Ability to form relationships
with peers



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

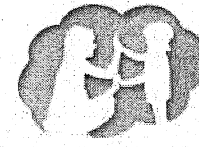
Role Models
Adults who role model healthy
relationships



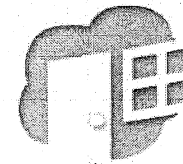
Health
Healthy caregivers



Networks
Relationships
with extended
family members
and others



**Supportive
Relationships**
Positive child-caregiver
relationships

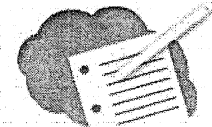


Stability
Stable living environment

COMMUNITY



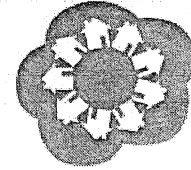
Access to Services
Basic needs, advocacy, health



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

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**

Formerly Family Violence Prevention Fund