

PROTECTIVE FACTORS PHOTO COLLAGE

Individual, Dyadic, or Group Activity

USE THIS EXERCISE TO BUILD:



Nurturing
Parent-Child
Interactions



Social and
Emotional
Abilities



Safer and
More Stable
Conditions



Resilience
and a Growth
Mindset



Social
Connections

PURPOSE

This exercise is intended to identify tangible symbols or reminders of strengths and how they show up differently for each survivor. It can also build community among a group of survivors and expand each person's ideas around what protective factors are. This exercise also gives survivors an opportunity to reflect on how these strengths show up uniquely in their own lives, and how it looks for others in the group.

SUGGESTED ACTIVITY LENGTH: 1 HOUR

15 minutes for instructions | 30 minutes for drawing | 15 minutes for reflection

MATERIALS

Camera

Something to write with (pen and paper or electronic method)

Projector or printer

Notes for the facilitator

- Although this is intended as a group activity, feel free to modify this for an individual.
- Reminder of consent: ensure participants get consent from people they want to take pictures of if that is applicable to them. If participants don't have cameras, provide disposable cameras.

When using this activity with children:

- Consider age (recommended range: 10–18 years old)
- This can also be modified for younger children to draw things in their lives that symbolize the different protective factors. See Exercise 1: Free Drawing Protective Factors for an example of this.



TALKING POINTS TO INTRODUCE PROTECTIVE FACTORS

- Protective factors are things and people in your life that help you even when you're being hurt, or have been hurt in the past.
- Everyone benefits from protective factors, but what they look like in each person's life is unique.
- Think about these questions to help define what the protective factors mean to you:
 - When you hear safety and stability, what does that look like for you?
 - Everyone needs help sometimes. What connections do you already have?
 - What does connecting with your child look like - what do you like to do together?
 - Survival is resilience. When you hear this, what feelings come up for you?
 - How can knowing and caring for yourself help you to develop stronger relationships?
- If you can do things to build one protective factor, even in small ways, you might start to experience other benefits. For example:
 - If you create routines that help you and your children know what's coming next, then you or they might feel more in control of your lives.
- If you intentionally think about and visualize what you want your future to look like, you might be more willing to ask your family members for specific kinds of support to help you get there. These five protective factors help **both** you and your children directly - not just you, or just them.

HOW TO FACILITATE THIS EXERCISE

- 1 Ask participants to take a photo of something in their life that represents each protective factor (one picture per protective factor).
- 2 For each photo, ask them to respond to the following prompts:
 - What is the picture of?
 - Which protective factor does this image represent to you?
 - How does this photo capture the idea of the protective factor in your life?

Note: Participants who wish to include images of people in their lives should obtain consent from that person.
- 3 Then, ask participants to send their pictures and descriptions to the group facilitator.
- 4 Compile all photos into a collage, grouping them together by protective factor in a slide deck.
- 5 Ask survivors to share their reflections on why they chose the subject in their photos, and how it represents a strength in their life.
- 6 If possible, print the slide deck as images for the survivors to take home their group collages.

REFLECTION QUESTIONS

- How did you feel while taking photos?
- How did it feel to share your pictures and the meaning behind them?
- What resonated with you from other participant's photos?

Promising Futures



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