PROTECTIVE FACTORS INFOGRAPHIC

Protective factors are strengths that come from us, our relationships with others, our community, and the larger society that help us respond to challenges and support us to heal and thrive.

EVERYONE NEEDS HELP SOMETIMES

It takes a village to thrive- we all need to feel belonging and connection to others.

- What connections do you already have? What connections do you want to make?

CONNECTING WITH YOUR CHILD

Showing love and care to your children heals both you and them.

- What does connecting with your child look like?
- What helps you connect with your child?

SURVIVAL IS RESILIENCE

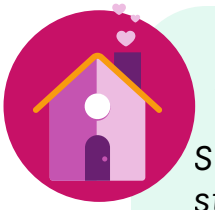
You've survived hard things and can create your own future.

- What makes you feel strong?
- What keeps you going?

KNOWING YOURSELF AND STRENGTHENING RELATIONSHIPS

When you know and care for yourself, you can build stronger relationships.

- What can you do to better care for yourself?
- How do you think this will help you develop stronger relationships?



SAFETY AND STABILITY

Safety and stability reduce stress and increases choice.

- When you hear safety and stability, what does that look like for you?