

# 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.<sup>[2]</sup> 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.<sup>[1]</sup>

## 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



**Expression**  
Opportunities to express feelings through words, music, etc.



**Mastery**  
Opportunities to experience mastery



**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**

Formerly Family Violence Prevention Fund