

Resilience Matrix

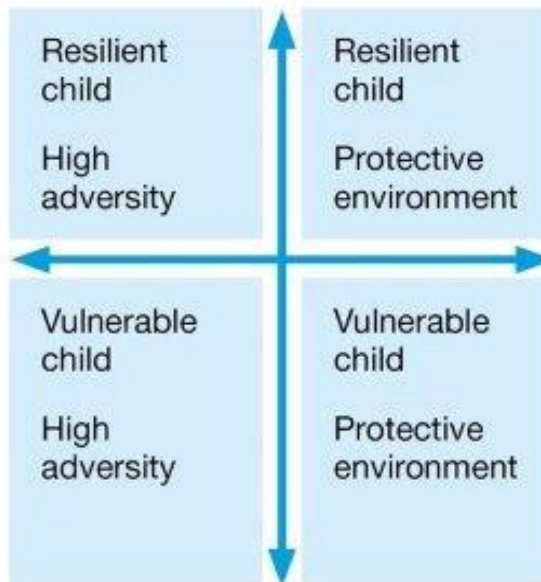
With the right support at the right time, every child and young person can reach their full potential.

Resilience

Characteristics that contribute to the child or young person's resilience, such as positive self-esteem, secure attachment, problem-solving skills.

Adversity

Factors in the child or young person's environment that can contribute to their vulnerability, such as poverty, parental substance use, domestic abuse.



Protective environment

Factors in the child or young person's environment that protect from or mitigate against adversity, such as positive school experience, at least one supportive adult, community networks, leisure activities, family support.

Vulnerability

Characteristics that can contribute to their vulnerability, such as poor attachment, minority status, disability, negative care experience, childhood trauma, inconsistent/neglectful care, experience of abuse.