



Resilience Matrix - Example

Wellbeing & Nurture Team
Denny High School



Resilience

These are the characteristics of the young person or child that helps them cope with adversity and vulnerability.

- Social temperament
- Able to reach out for help
- Sense of humour
- Assertiveness
- Cognitive skills
- Problem solving skills
- A language for feelings
- Healthy assertion and self efficacy
- Emotional self regulation

Example: Winning personality, able to get on with adults, intelligent.

Protective Factors

These are aspects of the young person's life which may act as a buffer against the negative effects of adverse experiences.

- Relationships with adults
- Relationships with siblings or friends
- Club memberships
- School attendance
- Positive relationships with adults in the school

Example: Positive attachment to grandparents, good relationship with teachers, Mum trusts health visitor and teacher, Dad consistent in concern and contact, History of good care and positive parental attachments.

Vulnerability

The characteristics of the young person, their family, the wider community and the functioning of professionals which may threaten the young person's healthy development or safety.

- Illness
- Disability
- Temperament
- Past experiences - bullying etc.
- Aggressive behaviour
- Parents expectations of behaviour
- Self esteem
- Parenting

Example: Anxious about mum. Anxiety enhanced by mums depression and emotional withdrawal.

Adversity

This covers life events, circumstances and relationships the child or young person is currently experiencing which may challenge or threaten their healthy development or lead to harm.

- Poor housing
- Recent loss or separation
- Racism
- Domestic Violence
- Illness
- Neglectful parenting
- Insecure attachments

Example: Mum and Dad are separated. Has a parental role looking after mum & siblings. Mum is currently depressed. Loss of nurturing routines.