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.[2] 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.[1]

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



Mastery
Opportunities to experience mastery



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





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

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)

National Dating Abuse Helpline: 1-866-331-9474 or text "loveis" to 77054

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FUTURES WITHOUT VIOLENCE™

Formerly Family Violence Prevention Fund

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