

PROTECTIVE FACTORS

Parents ask, "How can I raise a child who will make good choices and avoid risky behaviors?"
A combination of these protective factors goes a long way to supporting a bright future for your child.

PARENT INVOLVEMENT

Even when adolescence arrives on the scene, know what your child is doing, provide feedback and demonstrate that you care.

ACCESS TO MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

Remove the stigma surrounding these services that are vital to everyone's health.

EMOTIONAL HEALTH AND CONNECTEDNESS TO RELIGION AND CULTURE

Help your child to express their feelings.
Build strong identity by providing opportunities to learn and practice their culture.

COMMUNITY SUPPORT AND CONNECTEDNESS

When your child sees that they have a place in the wider community, they feel belonging.

ACADEMIC ACHIEVEMENT AND HIGH EDUCATIONAL ASPIRATIONS

Not every student will be good in every subject, but learn and focus on your child's strengths.
Offer affirmation.

ABILITY TO DISCUSS PROBLEMS WITH PARENTS

Children need to know it is okay to fail and that you are willing to walk through problems with them. Model coping and problem-solving.

POSITIVE INFLUENCES AND CONNECTEDNESS TO FAMILY OR CARING ADULTS

Provide an environment rich with healthy friends, social opportunities and good role models.
Athletics are one good outlet.

CLOSE RELATIONSHIPS WITH POSITIVE PEERS

Make your home a place where your child will want to bring friends.

SHARED ACTIVITIES WITH PARENTS

This doesn't have to be budget breaking
It can be as simple as a game of cards or grocery shopping together.

EMPATHY AND CONCERN FOR OTHERS

The daily news is full of conversation starters, and doing chores together is an opportunity for pointing out how important it is for everyone to contribute to the good.

POSITIVE ENGAGEMENT WITH A SUPPORTIVE TEACHER

The larger the circle of respected adults in a child's life, the more supports they will have when they face challenges.

HIGH SELF-ESTEEM

Avoid your own negative self-talk, and encourage your child to be aware of their good qualities.

THE SCIENCE OF RAISING COURAGEOUS KIDS

by Martin Brokenleg and Steve Van Bockern

GENEROSITY

altruism, doing things that
benefit others

BELONGING

healthy attachments,
belonging to a school,
community support, positive
social relationships, religious
belief and participation,
self-acceptance

MASTERY

academic achievement,
creativity, humor, hobbies

INDEPENDENCE

personal goals, positive body
image, power to influence
the world, ability
to make decisions

SELF-WORTH AND SELF-ESTEEM IN RELATION TO THE CIRCLE OF COURAGE

Significance: Am I important to somebody? Competence: Am I good at something? Power: Can I influence my world? Virtue: Am I a good person?