



Protective Factors

Protective factors help to insulate a child from the impact of the negative effects of risk or exposure to child maltreatment.

Protective factors for the individual child:

- Positive relationship with *at least* one caring adult.
- Intelligence and problem solving skills.
- Social emotional competence.
- Adaptable temperament.
- Self-motivation and self-direction.
- Confidence in one's agency, ability to cope and sense of self-efficacy.
- Optimism; a positive outlook.
- Possessing faith, hope, and a sense that life has meaning.
- Good, healthy peer relationships.
- Hobbies or interests.

Protective Factors for families: ([link to Strengthening Families Protective Factors framework](#))

- Concrete supports in time of need.
- Parental resilience.
- Social connections.
- Knowledge of parenting and child development.
- Developing social emotional competence of children.

*This is not an exhaustive list.