

Promotive and Protective Factors

Youth and Families Thrive Nebraska

Taken together, these factors increase the probability of positive, adaptive and healthy outcome across the developmental continuum, even in the face of risk and adversity.



Knowledge of Parenting and Child and Adolescent Development

The ability to support nurturing attachments and have realistic expectations in order to effectively promote development in children and youth

Social-Emotional Competence

The ability to recognize and regulate one's emotions and behavior, the ability to recognize and respect the feelings and needs of others and the ability to balance and communicate about these matters in order to promote healthy relationships with family, friends, in the workplace and in your community

Resilience

The ability to recover from difficult life experiences and often to be strengthened and even transformed by those experiences

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and become a supportive network

Concrete Supports

The ability to access resources and services that help make children, youth and families stronger and more resourceful for themselves and other