

# RESILIENCY PROTECTIVE FACTORS CHECKLIST

## Resilient Youth & Adults

Some people react to hard times (abuse; loss; or other stressors) by becoming chronically withdrawn, insecure, depressed, and even negative, non-caring, and sometimes abusive to self and/or others. These reactions can lead to lots of negative outcomes in life. However, others cope with life's struggles by becoming stronger and growing up to have successful lives. These people are called "resilient". Researchers have discovered that everyone has the ability to be resilient if they have enough 'protective factors'.

Protective factors help buffer the hard times we experience in life and increase the likelihood of positive outcomes and healthy development. Listed below are protective factors commonly found in resilient youth and adults (based on Masten & Coatsworth, 1998; Masten, Cutuli, Herbers, & Reed, 2009; Masten & Reed, 2002, as well as other studies cited below). Even having a couple of these factors can have a positive impact on your ability to cope and live a happy, well-adjusted life.

**Instructions:** With the help of your counselor and family, read each protective factor and decide which ones you already have or could have if you worked on them.

- Mark an X next to each 'protective factor' that you already have within yourself, your family, and/or community.
- Mark a P (Possible) next to each 'protective factor' you could have if you and your family worked on it.

### 1) INDIVIDUAL Protective Factors

**Factors within yourself that can make you more resilient when faced with hard times.**

- \_\_\_\_ 1. You are able to *think about your problems* and figure out what you need to do to make it better  
*Problem solving skills; Psychological-mindedness* (Nyklicek, Majoor, & Schalken, 2010; Roxas & Glenwick, 2014)
- \_\_\_\_ 2. You are good at *calming yourself down* and thinking before you act  
*Self-regulation skills* for self-control of attention, arousal, and impulses
- \_\_\_\_ 3. You *feel good about yourself* for the *positive* things you do  
*Positive self-perception; self-esteem*
- \_\_\_\_ 4. You have *talents* that you and society value  
*Talents* (i.e., computer skills, writing, music, athletics, cooking)
- \_\_\_\_ 5. You believe you can *influence what happens in your life* with your decisions and actions  
*Self-efficacy; Hope* As opposed to youth who mistakenly believe they have no control over their lives (learned helplessness), resilient youth believe they do
- \_\_\_\_ 6. You have *religious beliefs/ spirituality* that gives you support and helps you make decisions  
*Faith; Sense of meaning in life*
- \_\_\_\_ 7. You keep a *positive attitude* about life, even when faced with hard times  
*Positive outlook on life; Adaptive humor- tolerant, accepting, self-supporting humor* that helps you manage stress and connect with others (Kuiper, et al., 2004)
- \_\_\_\_ 8. You have a *likable personality* that people want to be around  
*Adaptable personality; General Appeal or Attractiveness to Others*
- \_\_\_\_ 9. You believe you are a *strong person* because of the *hard times* you have faced in life  
*Coped with/overcome significant adversity* in life, which has made you more skilled and confident to handle hard times in the future; *Post-Traumatic Growth* (Collier, 2016; Meyerson, et al., 2011; Seery, et al., 2013)
- \_\_\_\_ 10. You are *personally motivated to make positive changes* in your life  
*Internal motivation; Being committed to putting forth effort to improve your life* (Karver, et al., 2006; Miller & Rollnick, 2002; Walters, et al., 2007)
- \_\_\_\_ 11. You regularly use *physical exercise* as a method of coping with life stress  
*Physical exercise* (Ahn & Fedewa, 2011; Emerson, et al., 2009; Otto & Smits, 2011; Weir, 2011)

## 2) FAMILY Protective Factors

**Factors within your family that can make you more resilient when faced with hard times.**

- \_\_\_\_\_ 12. You have a positive family member who gives you support in good and bad times  
Close relationship with a competent, prosocial, supportive parent or other family member- grandparent, aunt, uncle, older siblings, etc.
- \_\_\_\_\_ 13. You live in a home that is safe and everyone gets along well  
Organized, predictable home environment; Positive family climate with low conflict
- \_\_\_\_\_ 14. You have a parent/caregiver who helps you out with schoolwork and goes to your activities  
Parent/Caregiver involved in child's education
- \_\_\_\_\_ 15. You have a parent/caregiver who thinks education is important  
Parent/Caregiver who values education; Parent with postsecondary education
- \_\_\_\_\_ 16. You have a parent/ caregiver who provides structure/ rules and monitors what you do  
Democratic (authoritative) parenting style
- \_\_\_\_\_ 17. You have a parent/ caregiver who regularly talks with you and explains the reasons for rules and limits  
Democratic (authoritative) parenting style
- \_\_\_\_\_ 18. You have a parent/ caregiver who believes in you and expects you to do well in life  
Democratic (authoritative) parenting style
- \_\_\_\_\_ 19. You live in a home that has enough money to pay for everything you need  
Home with socioeconomic advantages- Families that have enough money to pay for food, clothing, rent/mortgage, schooling, child care, health care, leisure activities, etc.
- \_\_\_\_\_ 20. You have a parent/ caregiver who has some of the 'individual protective factors' listed on page 1  
Parent/Caregiver who possesses individual protective factor qualities

## 3) COMMUNITY Protective Factors

**Factors within your community (neighborhood, peer group, school) that can make you more resilient when faced with hard times.**

- \_\_\_\_\_ 21. You have a positive adult from outside your family who gives you support  
Close relationship with competent, prosocial, supportive adults- teacher, coach, minister, family friend, counselor, etc.
- \_\_\_\_\_ 22. You have a positive friend who supports you and stays out of trouble  
Connections to prosocial, rule-abiding peers
- \_\_\_\_\_ 23. You have a positive boyfriend/ girlfriend/ partner who supports you and stays out of trouble.  
Romantic relationship with prosocial, well-adjusted partner
- \_\_\_\_\_ 24. You have positive activities you like to do  
Ties to prosocial organizations- sports, band, clubs, after-school programs, jobs, etc.
- \_\_\_\_\_ 25. You go to a school that feels safe and has teachers who care about you  
Attend an effective, prosocial school- A school that is well-organized and predictable; consistently enforces rules; monitors student academic progress; and has well-trained teachers who provide high quality instruction, are positive role models, and sources of support for students
- \_\_\_\_\_ 26. You have neighbors who care and look out for you when there are problems  
Neighborhood with high 'collective efficacy'
- \_\_\_\_\_ 27. You live in a neighborhood where you feel safe  
High levels of public safety

From *A Strengths-Based Approach for Intervention with At-Risk Youth*,  
© 2015 by K. M. Powell, Champaign IL: Research Press (800-519-2707, [www.researchpress.com](http://www.researchpress.com)).  
Rev. Aug 2019