

## Figure 4.2: External or Environmental Protective Factors of Resilience

- Provide care and support; teach students how to ask for help.
- Set and communicate positive, high expectations.
- Provide opportunities for meaningful student participation, voice, and choice.
- Facilitate supportive, positive adult-student and student-student relationships.
- Establish and reinforce clear and consistent boundaries, expectations, and rules.
- Teach life skills, like skills for coping with the inevitability of change and the uncertainty of life.
- Teach mindfulness skills and self-regulation or self-care strategies.
- Help students learn their strengths and needs.
- Specifically teach optimism and hope.
- Project the view that bumps in the road are minor setbacks, not insurmountable obstacles.
- Provide a school environment that is clean, organized, and structured.
- Create opportunities to utilize sources of strength (faith, spirituality, culture, and community).