

Protective Factors



Flourishing
Families

What are Protective Factors?

Protective Factors are what keep your family strong, and help you get through challenges. Protective Factors help us get through the storms of life, big and small. It's calling someone when you're stressed, or knowing what to do when your kid is throwing a fit, or trusting that you're doing your best. We're going to be talking about the protective factors that you already have, and how you can keep on building them.

Go over the graphic on the next page, which defines the five protective factors and asks key questions about how these factors show up in your life right now.

Protective factors may be strong in your life right now, or maybe not. This will be about building and growing them, no matter where you are.

The Three Big Ideas Behind the Protective Factors

As we talk about your protective factors, there are three big ideas:

1. We're going to focus on what's strong, rather than what's wrong. No matter where you are and who you are, you have strengths, and you can use them to get through tough times. Your strengths are the solution to your challenges.

- **Talk about a time you felt proud about your parenting.**

When we talk about protective factors, it's about building on the things that got you to those proud moments, so you can have more of those moments.

2. Nothing about you, without you. This is not about me telling you what to do. You are the expert on your own life and your own children. You're in the driver's seat. I'm here to support you and help you strengthen your skills.

I don't want this to feel like I'm the teacher and you're the student.

- **If there's ever a time that you feel like I'm telling you what to do rather listening to what you need, how will you let me know?** (example: simply saying, "I feel this is not what I want to focus on right now.")

3. This is meant to fit you, in your own culture- your beliefs, values, where you live, how you live, and how you want to raise your kids.

- **How would you describe your family culture? What's unique about you and how you live your life?**