



Practice Component

One of the guiding principles of Strengthening Families is that we can build the Protective Factors in our ourselves and others by intentionally performing “everyday actions.”

Think about what you have learned over the course of your lifetime and journal on each of the five protective factors using the questions provided reflecting on what your experiences have been.

After completing your reflecting writing piece, create a list of as many “everyday actions: you can think of for each of the protective Factors. You may use the chart provided. Bring this with you to the next class and will share and discuss our lists and consider what we might add to our “everyday actions.”

Reflection Questions:

Resilience

- What is your source of inner strength?
- Think of a time when you were challenged and you came back stronger than before.
- What is your favorite way to "take care of yourself"?
- What does it mean to be strong?
- Who in your life is an example of being strong in the face of adversity?

Social Connection

- What makes a friend a good friend?
- Think about the people who are really good for you. What do they have in common?
- Who is your best friend and why?
- If you had to move to a new city, what would you do to find new friends?
- How important is it to have healthy friendships?

Concrete Support

- Do you reach out for help when you need it? How?
- If you needed to send out a 'distress call' who would you call?
- Here is \$1000-you have to donate it to a charity. What charity would you choose and why?
- Which is easier for you: Asking for help or offering it? Why?
- Who has helped you when you need it? What did they do?

Knowledge of parenting and child development

- What do you know now--about parenting--that you wish you would've known then?
- Which are you most versed in - Physical development? Emotional development? Or Sexual development?
- What is the best parenting advice anyone ever gave you?
- Share the best parenting tip that you would give to new parents.
- What is your favorite age for children and why?

Social/emotional competence



- What did your family teach you, intentionally or unintentionally, about feelings?
- What makes you happy? What makes you sad?
- What do you do to calm down when you are angry or upset?
- What feelings do you understand the best? The least?
- What do you do when your children's emotions "run high"?



Protective Factor	Everyday Actions
Resilience	
Social Connection	
Concrete Support	
Knowledge of Parenting & Child Development	
Social / Emotional Competence	