

Protective Factors Conversation Tool

This tool is designed to facilitate conversations about protective factors with adults. Use the prompts below to explore positive factors to build upon, and areas which may need strengthening.

Question prompts:

- What would you like to get from this conversation?
- Thinking about what's working well for you,
 - What is important to you and why?
 - Who is important to you and who do you feel supported by?
 - Do you feel motivated by anything, such as beliefs, values, or knowing something has worked well for you in the past?
- How can you/we build on this to improve your wellbeing?

Challenging 'my child is a protective factor'

Some parents may describe their child as being a protective factor for their mental wellbeing. This is a delicate conversation that requires empathy, without diminishing the value of their relationship with the child.

- **Acknowledge** the parent's feelings, and the sometimes complex dynamic between parent and child.
- **Guide** the parent to consider how the child may feel with this responsibility.
- **Reframe** the concept of what protective factors are in a way that is easy to understand.
- **Shift the focus** to supportive resources and help to explore other protective factors.

Examples of Protective Factors

Children are not protective factors

Internal factors: *emotional resilience, positive coping strategies, positive beliefs and values, sense of purpose/future planning*

Lifestyle factors: *regular exercise, diet, adequate sleep, avoidance of substance misuse*

Family and peers factors: *bonds with family and/or friends, shared values or beliefs, positive role models*

Community and social factors: *participation in community, sports, or religious groups, availability of community resources*

Environmental and economic factors: *safe and stable living environment, financial stability, access to healthcare and support services*

I'm not a protective factor, I'm Lucy



Kent Safeguarding Children
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