

## Resilience Factors: "I Have" "I Am" "I Can"

The "I Have" factors are the **external** supports and resources that promote resilience. These are the core resources a child has.

### *I Have:*

- People around me I trust and who love me no matter
- People who set limits for me so I know when to stop before there is danger or trouble
- People who show me how to do things right by the way they do things
- People who want me to learn things on my own
- People who help me when I am sick, in danger or need to learn

The "I am" factors are the child's **internal**, personal strengths. These are feelings, attitudes and beliefs within the child.

### *I am:*

- A person people can like and love
- Glad to do nice things for others and show my concern
- Respectful of myself and others
- Willing to be responsible for what I do
- Sure things will turn out right

The "I Can" factors are the child's **social and interpersonal skills**.

### *I Can:*

- Talk to others about things that frighten or bother me
- Find ways to solve problems I face
- Control myself when I feel like doing something not right or dangerous
- Figure out when it is a good time to talk to someone or take action
- Find someone to help me when I need it