BUILDING PATHWAYS TO HEALING WITH PROTECTIVE FACTORS

To enable adult and child survivors to heal, we need to stop using systems involvement to “fix” families and instead create the conditions and experiences that mitigate the impacts of violence. Leaders and professionals at all levels can make a meaningful difference by building any of these 5 research-backed protective factors for adult and child survivors of domestic violence.

Find practice tips, research, and other resources to help you build protective factors for survivors of domestic violence at the Bridges to Better resource library.

SAFER AND MORE STABLE CONDITIONS
Possibility: Addressing survivors’ concrete needs, like housing and finances. Impacts: buffers impact of trauma – promotes healthy development – supports survivors’ self-determination

SOCIAL, CULTURAL, AND SPIRITUAL CONNECTIONS
Possibility: Helping survivors identify and connect with people they trust, like family members or faith communities. Impacts: supports nurturing parenting behaviors – connects survivors to experiences of belonging and hope

RESILIENCE AND A GROWTH MINDSET
Possibility: Encouraging survivors to believe in themselves and validating their strengths. Impacts: supports survivors’ belief in their ability to face adversity – promotes hope, positive action, and sense of control

NURTURING PARENT–CHILD INTERACTIONS
Possibility: Providing resources – like tickets and transportation to a show – that support adult survivors’ caregiving and connection with their children. Impacts: helps both adult and child survivors – promotes healthy development & well-being – buffers stress

SOCIAL AND EMOTIONAL ABILITIES
Possibility: Demonstrating understanding and empathy for survivors’ experiences. Impacts: promotes healthy self-concept for adults & children – supports their ability to empathize and communicate