



Life Stressors and Protective Factors

SOCIAL/ECONOMIC				
Structural racism	Job problems	Housing instability	Cultural differences	Pregnancy scare
Discrimination	Money problems	Witnessed violence	Language barriers	
Poverty	Food insecurity	Tobacco exposure	Lack of childcare	
Neighborhood discord	No phone	Lack of transportation	Pregnancy	
MEDICAL				
Lack of money for care	Caregiver unskilled in providing care	Multiple providers, not coordinated	Felt dismissed by provider	Lack of family or social support care
Provider bias	Limitations of health insurance	Lack of provider-family compatibility	Caregiver distrust of healthcare system	Services not available
RELATIONSHIPS				
None listed below	Parent's incarceration	Isolation	Cyberbullying as a perpetrator	Stress due to sexual orientation
Family discord	Breakup	Bullying as victim	Peer violence as victim	Parents' divorce/separation
Argument with parents/caregivers	Argument with significant other	Bullying as a perpetrator	Peer violence as a perpetrator	
Social discord	Argument with friends	Cyberbullying as a victim	Stress due to gender identity	
SCHOOL (AGE 5 AND OVER)				
School failure	New school	Pressure to succeed	Extracurricular activities	Other school problems
TRANSITIONS (AGE 5 AND OVER)				
Release from hospital	Release from juvenile justice facility	Release from immigration detention center	Transition to/from child welfare system	End of school year/school break
Transition from any level of mental health care to another (e.g. inpatient to outpatient, inpatient to residential, etc.)				
TECHNOLOGY (AGE 5 AND OVER)				
Electronic gaming	Texting	Restriction of technology	Social media	
TRAUMA (AGE 5 AND OVER)				
Rape/sexual assault	Family/domestic violence	Previous abuse		

The National Center is funded in part by Cooperative Agreement Number 2 UG7MC28482-08-00 from the US Department of Health and Human Services (HHS), Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB) as part of an award totaling \$2,400,997 annually with 0 percent financed with non-governmental sources. Its contents are solely the responsibility of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



Life Stressors and Protective Factors

SOCIAL/ECONOMIC			
Strong social support networks	Safe, stable, affordable housing	High-quality preschool	Economic and financial help
Focus on the strengths and needs of marginalized communities	Healthy and affordable food	Fresh air, parks, and safe places to play	Work opportunities with family-friendly policies
Affordable, nurturing, and safe childcare	Steady employment	Basic needs are met	
MEDICAL			
Mastery of communication and language skills	Medical and mental health services	Positive physical development	Family or social support for medical care
Comprehensive health insurance	Early and comprehensive screening	Trusted providers	
RELATIONSHIPS			
Emotional self-regulation	Protection from harm and fear	Language-based discipline	Caring adults (outside of immediate family)
Secure attachment(s)	Opportunities to resolve conflict	Mentors	Extended family support
Positive peer relationships	Positive norms	Clear expectations for behavior	Emotional support from family
Engagement and connections in two or more of the following contexts (e.g., peers, school, athletics, employment, religion, culture)			
SCHOOL (AGE 5 AND OVER)			
Positive teacher expectations	Positive partnering between school and family	Academic achievement	Supplemental services such as feeding, and screening for vision
Opportunities for prosocial school engagement	Plans for the future		
TRANSITIONS (AGE 5 AND OVER)			
Navigates changes in routine or schedule	Behavioral and emotional autonomy	Opportunities for exploration in work and school	Future planning
TECHNOLOGY (AGE 5 AND OVER)			
Age-appropriate access to technology	Age-appropriate monitoring	Technology used to access needed healthcare	Technology used to reduce isolation
TRAUMA (AGE 5 AND OVER)			
Physical safety	Psychological safety	Healthcare to address previous trauma	

The National Center is funded in part by Cooperative Agreement Number 2 UG7MC28482-08-00 from the US Department of Health and Human Services (HHS), Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB) as part of an award totaling \$2,400,997 annually with 0 percent financed with non-governmental sources. Its contents are solely the responsibility of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.