

Resources



Financial

Having the money to purchase goods and services.

Emotional

Being able to choose and control emotional responses, particularly to negative situations, without engaging in self-destructive behavior. This is an internal resource and shows itself through stamina, perseverance, and choices.

Mental

Having the mental abilities and acquired skills (reading, writing, computing) to deal with daily life.

Spiritual

Believing in divine purpose and guidance.

Physical

Having physical health and mobility.

Support Systems

Having friends, family, and backup resources available to access in times of need. These are external resources.

Relationships/Role Models

Having frequent access to adult(s) who are appropriate, who are nurturing to the child, and who do not engage in self-destructive behavior.

Knowledge of Hidden Rules

Knowing the unspoken cues and habits of a group.