

# SAFEGUARDING ADOLESCENTS

## STRATEGY GUIDE

### Theme: Resilience and Self-efficacy

#### Introduction

#### **Resilience and self-efficacy**

Many young people experience difficult circumstances and stressful life events. The ability to positively learn and grow from them is called resilience. Resilient people are able to develop and succeed, despite the stress or adversity that may involve the real possibility of a negative outcome. It is the ability to maintain personal wellbeing in the face of challenge.

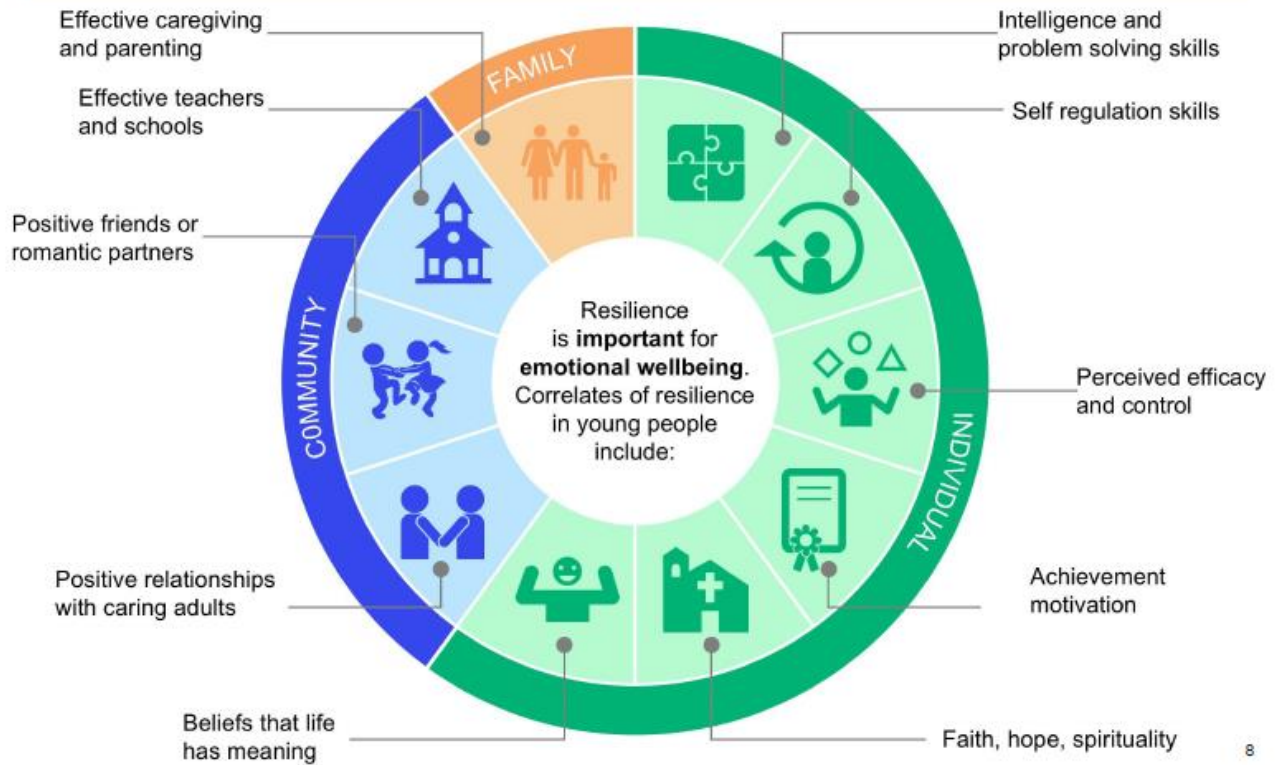
Resilient individuals can be recognised by their confidence (self-efficacy) and having the ability to develop and put in the necessary effort to succeed at challenging tasks. Young people who are exposed to stressful life events may have reduced chances to reach their full potential as adults. Not all young people who have been exposed to risk will have poor outcomes, and some will succeed despite adversity.



Public Health England have identified three factors that support resilience in young people:

1. Family – trusted adult relationships are crucial to resilient young people facing adversity.
2. Community – Wider social networks can be just as important as family. Other supporting relationships can include teachers, youth leaders, sports coaches and positive peer friendships.
3. Individual – self-regulation is a protective factor in maintaining good mental health.

## Building resilience (the ability to cope with adversity and adapt to change)



Source: [PHE 2016](#)

### Signs of poor resilience

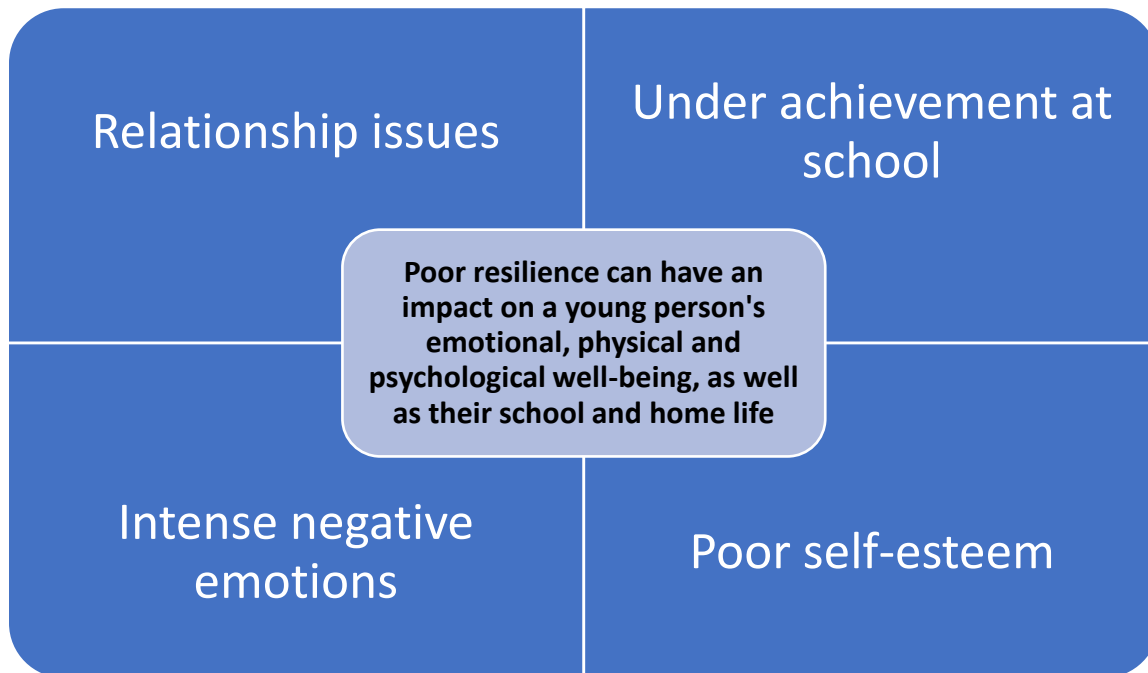
Professionals may notice:

- Irritability and overreaction
- Dwelling/ruminating on problems
- Trouble sleeping
- Persistent or recurrent illness
- Substance abuse
- Risky behavior
- Poor memory
- Isolated or over clingy



## What is the impact on safeguarding adolescents?

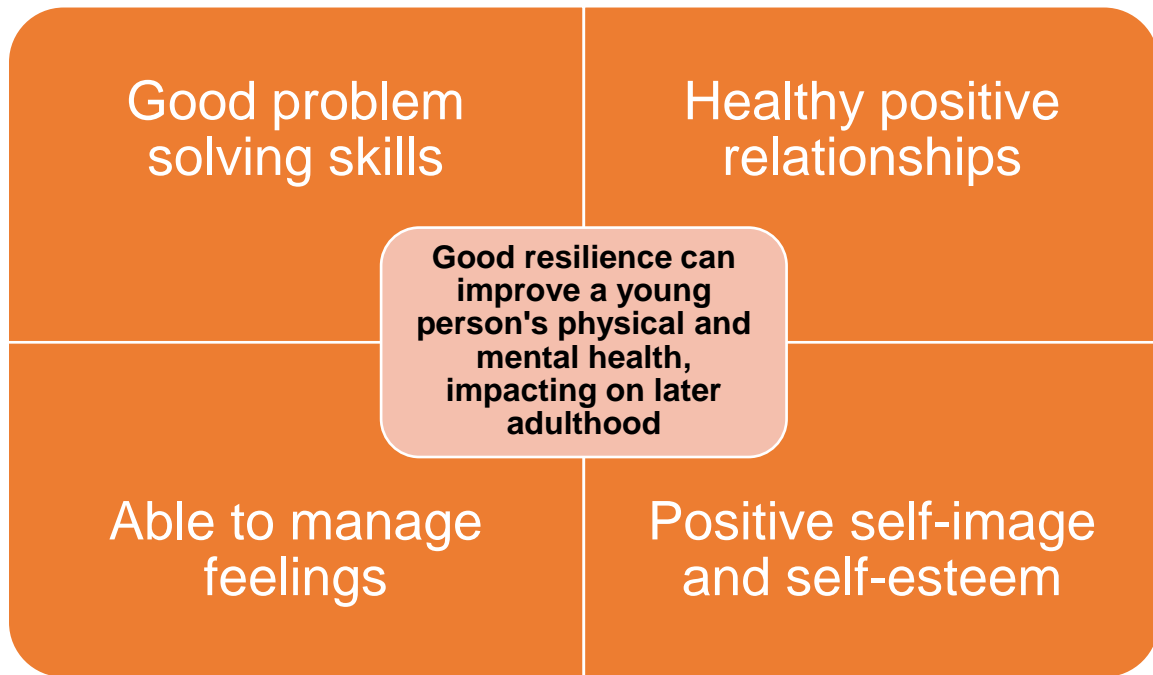
Poor resilience is associated with:



- It is important professionals recognise and respond to a child's history if family/friends' relationships are affected. There may be factors such as trauma, early attachment issues and grief and loss involved.
- Adverse childhood experiences (ACEs) can be a contributing factor to poor resilience [PHW \(ACESs\) 2017](#).
- Low self-esteem and intense negative emotions may lead to young people engaging in self-harm and may need a multi-agency approach, including social care, education, Early Help and health, to look at different aspects of the child's life.
- Physical health problems and impaired social and cognitive development can all have an impact on a child's ability to learn.
- The effects of poor resilience will continue to impact on a young person into adulthood.



Good resilience is associated with:



**It is crucial that professionals support the development of resilience in young people by reducing risk factors and promoting protective factors. Developing social, emotional and educational skills can help young people to achieve and aspire to their ambitions through adolescence and into adulthood.**

## Additional Resources and Information

### Local

#### *Isle of Wight*

[IOW Child and Adolescent Mental Health Service \(CAMHS\)](#) - Provides a service to children and young people aged 0-18 years old, and their families, who are experiencing emotional health and wellbeing difficulties including eating disorders.

Telephone: 01983 523602 (answer phone out of hours)

Email: [iownt.spcamhs@nhs.net](mailto:iownt.spcamhs@nhs.net)

[The Children in Care & Care Leavers Nurse Team](#) - Delivers direct clinical contact, advice and support to Children in Care/Care Leavers and their carers and social workers to address health issues unique to this group of children, including emotional well-being.

Telephone: 01983 524081

Email: [IOW.childrenincare@nhs.net](mailto:IOW.childrenincare@nhs.net)

[Public Health Nursing 0-19 years](#) - The Isle of Wight 0-19 Public Health Nursing Team offer services to all children under 19 who live on the Isle of Wight including those currently in elective home education.

Telephone: 01983 821388 extension 1

Email: [iownt.0-19dutydesk@nhs.net](mailto:iownt.0-19dutydesk@nhs.net)

[The Isle of Wight Youth Trust](#) - Offers a range of support for children, young people and their families, providing a professional one-to-one counselling service. They also offer group work and training and other early-intervention opportunities.

Telephone: 01983 529569

Email: [info@iowyouthtrust.co.uk](mailto:info@iowyouthtrust.co.uk)

[Barnardo's Talk 2 Service](#) - A confidential therapeutic counselling service for children and young people that provides support for children's mental health and wellbeing that is child directed, systems focused, strengths based and outcome informed.

Telephone: 01983 865657

Email: [talk2@barnardos.org.uk](mailto:talk2@barnardos.org.uk)

[Safe Haven](#) - Offers face-to-face mental health support sessions for children and young people.

Telephone: call to pre-book on 07741 665182

### **Hampshire**

[Hampshire Child and Adolescent Mental Health Services \(CAMHS\)](#) - An NHS service that aims to help young people up to the age of 18 who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health problems. Includes support with self-esteem.

Telephone: 0300 304 0050

Email: [SPNT.HantsCamhsSpa@nhs.net](mailto:SPNT.HantsCamhsSpa@nhs.net)

[The 0-19 year's Public Health Service for Hampshire](#) - Health visiting, school nursing and Family Nurse Partnership services are based on national priorities for public health and the health and wellbeing of Hampshire 0-19 children, young people and their families.

Telephone: ChatHealth Young People 07507 332 160

Email: [childrenscomms@southernhealth.nhs.uk](mailto:childrenscomms@southernhealth.nhs.uk)

[Hampshire Youth Access \(HYA\)](#) - A partnership of 11 leading agencies providing counselling, information, advice, and support to children and young people aged 5 to 17 across Hampshire. They also offer advice and information to anyone concerned about a child or young person's emotional wellbeing.

Telephone: 02382 147 755

Email: [enquiries@hampshireyouthaccess.org.uk](mailto:enquiries@hampshireyouthaccess.org.uk)

[Safe Haven](#) - Provide out-of-hours support to young people experiencing, or on the verge of, mental health crisis. Anyone aged between 10 and 17 who needs support for a mental health crisis can drop in to receive help.

### **National**

[NHS Choices](#) – Healthy choices

[Mind](#) - For 'Better Mental Health'

[Wessex Healthier Together](#) – Resources for professionals

[Kent Resilience Hub](#) – A free toolkit for schools to support building resilience

### **Films (low self-esteem and unhelpful thinking)**

[Low self-esteem | Talking about mental health - Episode 3 - YouTube](#)

[Moodzone: Unhelpful thinking \(AUDIO PODCAST\) | NHS - YouTube](#)

## References

Public Health Wales (2017). [Adverse Childhood experiences \(ACEs\) and Resilience](#). Accessed: 22 November 2021.

University of Bristol (2021). [What affects Resilience?](#) Accessed: 22 November 2021.