

Personal risk factor failed school English test [1] has influenced Fred's ability to cope with change in a negative manner. Failing a test lowers his self-esteem and confidence. This means that it is harder for him to succeed in further tests and cope with the other changes in his life. The previously listed problems are all risk factors and have been known to hinder resilience and someone's ability to cope with change [2].

Personal protective factor being able to re-sit his failed English test [1] is a protective factor as it gives him something to be positive about which makes him optimistic and gives him hopes/plans for the future. This positively influences his ability to cope with change as it makes this problem or obstacle seem less daunting and gives him a reason to overcome them.

An interpersonal risk factor in Fred's life is him being upset about his Mum leaving, as he has lived with her his whole life [1]. This is a risk factor because it creates a lack of social support and distance between parents and family. This hinders his resilience and his ability to cope with change as he will not have his mothers' support when he needs it and will have to deal with it himself.

An interpersonal protective factor of Fred's life is his mother and father sitting down and talking about the current situation [1]. This is a protective factor as it makes him feel like everything is under control and being taken care of and that his parents care. Having a supportive parent and plans for the future, promotes good well-being, builds resilience and the ability to cope with changes [2].

A societal risk factor in Fred's life is that he is moving away from the community and neighbourhood he grew up in [1]. This is a social risk factor as he is moving away from his friends and supportive community. This hinders his resilience and ability to cope with change as without the support of the community he would be forced to cope with the changes himself.

A societal support factor in his life is his community that he is close to and grew up in [1]. Even though he is moving away he still could be part of the community and it could still support him. This is a social protective factor as the community would be able to support him in his time of need. The support from the community would make it easier to deal with change and in turn build resilience.

An interpersonal strategy Fred could employ in relation to failing his English test and school in general is to get a peer school tutor. His tutor would teach him and help him in the subjects he is falling behind in, namely English. He could ask his English teacher to find him a tutor [3]. Because his tutor is a student Fred feels confident to ask questions. This would help minimise the risk factor that he has if failing English test and possibly others in the future. It would help him build his resilience, giving him something to be positive about and feeling that he has done something about the situation. The problem about this strategy is that he already has a lot going on in his life like the other school subjects, the production, work and Kerry [4].

A personal strategy Fred could use is to make an effort to build communication and problem-solving skills. He could think about what he is going to say and how he is going to say it (being assertive). He could write it down or practise with one of his friends or maybe a teacher [3]. This would help in relation to the problems that arose when Fred moved to his dad's. The communication skills would help him to talk about his dad not being at home a lot (although this does not seem to bother him much) and Kerry not being happy with the amount of time they are spending together. This would help him build resilience, making him feel better as his changing situation and getting along with the people around him.

A societal strategy for Fred's community problem is to stay connected to his community despite moving a bit further away. This helps minimise the risk factor of being disconnected from his

community as, when he remains connected to it. This would keep him active and give him self-esteem, in turn building resilience. The action he would take would be possibly bussing, biking or walking (depending on the distance and frequency of his visits) into his old community and participate in the activities he did in the community, such as visiting friends.