

Fred's **parents' splitting up [2]** is an interpersonal risk factor because it is to do with and affects the relationship between him and his parents and is linked to the Lifestyle DOH. This risk factor makes it more difficult for Fred to be resilient because he is experiencing change and conflict in his home life, he might not know what parent is the best one to talk to and go to for support and his will make it harder to deal with life's changes because of the confusion of who to go for support. This uncertainty will mean that Fred could feel isolated, alone and will bottle his feelings up unless he can find someone else he trusts that he can talk to.

Since Fred's parents have split up **[2]**, his Mum has decided to move up north with his Step-Dad. This is a risk factor because if Fred moves with his Mum and Step-Dad, it will be a whole new community he will be moving into. This is linked to the Environmental DOH. This risk factor makes it more difficult to be resilient because he may not feel as if he has the same social support or feels as safe in a new city as he would be in his old community. This makes it harder to deal with life's changes because if he moves up north he will have no social support and may not feel comfortable in the community, so becomes more isolated and hesitant **[1]**.

Fred **does not have his licence [2]**. He is living with his Dad and his house is quite a while away from his friends and girlfriends house. This means Fred's Dad has to drive him to go to see his friends. This is a personal risk factor because Fred is old enough to go for his licence and he hasn't bothered to organise himself to get his licence. This is linked to the Personal DOH. This is a risk factor as it makes it more difficult for Fred to be resilient because he doesn't have as much time to spend hanging out with his friends and girlfriend therefore, lack of social support. Lack of social support makes it harder for Fred to deal with life changes.

Fred **wants to stay at school and complete Year 13 [2]**. This is a personal protective factor his is linked to the Personal DOH. This protective factor helps Fred to be resilient because he has got goals and aspirations for his future and goals make him strive for something that he wants. Having goals will also make it easier for Fred to deal with life changes because he has something to focus on and he looks forward to achieving them **[1]**.

Fred **has friends and a girlfriend [2]**. This is an interpersonal protective factor because he has people to go to for support. This is a protective factor helps Fred to be more resilient because he has social support and other people to talk to, help and have fun with. This also means it is easier for Fred to deal with life changes that he is facing at the moment because he has others to offer him advice and support, plus enjoy each other's company. This means that Fred will know he is not alone or isolated from others and will be sharing his concerns and listening to their advice **[1]**.

Fred **is involved in school activities and has a number of personal interests [2]**. This is a societal protective factor because the school community has activities to offer. This is linked to the Social DOH. This is a protective factor helps Fred to be resilient because he has the social support from the community. This will make it easier for him to deal with life's changes as people at school will keep an eye out for him and he has people around him to ask for help **[4]**.

A personal strategy for one of Fred's risk factors (not having a licence) could be that he could basically get it. He is old enough too. He could study the road code and make a goal to get his licence by a certain time. The goal will make him have more motivation to get it. Having goals also increases the likelihood of being resilient and dealing with life's changes because it builds the protective factor of having optimism.

An interpersonal strategy for Fred's risk factor (having conflict with his Mum) could be that he could learn some effective communication skills and sit down and talk with his Mum about the conflict they're having and how they are going to resolve it. He could visit the school counsellor to work with them to improve his communication skills and practices these skills. If this happens, there will be

little or no conflict between Fred and his Mum, so it would be the best thing for their relationship. This will increase Fred's chances of becoming resilient and managing life's changes because it builds the protective factor of having positive interactions with other people plus being able to confidently and effectively communicate with others [3].

A societal strategy to build on the societal protective factor (he has a good social life) could be that he could talk to his friends and girlfriend more often to maintain their friendship together. Having stable friendships and/or relationships makes Fred more resilient and more able to manage life's changes because this builds on the protective factor of having a large social support.

A societal strategy to help the protective factor of Fred being involved in school activities could be more engaged in the same or maybe other activities and put in 100% effort. Because putting in the effort and having an enjoyable time will increase his chances of being resilient because he is happier. This will also increase his chances of dealing with life's changes because of his enjoying life. This builds the protective factor of having optimism. Being more involved in school activities is a societal protective factor because the community are offering school activities; therefore it makes the community a safer one.

If Fred got his licence he may feel more comfortable and confident that it is possible to achieve his goals, so he may feel like he can achieve his goals of sitting down and talking to his Mum about the conflict there are having. If this goes well, he may feel confident in communication so he'll feel more confident to talk to his friends and girlfriend more often to maintain their relationship. With all this confidence he will become more resilient and be able to manage life's changes more confidently [5].

(The abbreviation DOH: Determinant of Health)