

A personal risk factor that influenced Fred to change was failing his English internal. This is a risk factor because it can place stress on Fred about doing well at school. This could help Fred manage change because it might make him work harder to pass his assessment therefore giving him better grades and more confidence to pass other assessments. This risk factor could also have a very negative output by cutting his confidence down this could stop him from doing well at school and give him a negative attitude making him look at everything as though the glass is half empty not half full [1].

An inter-personal protective factor influencing Fred's ability to change is his Dad letting him have his friends over. This is a protective factor because it gives him the confidence to be himself around his friend and that he doesn't need to put pressure on himself to get to his friend's houses. It also helps take his mind off stressful things in his life e.g. school work or being apart from his Mum so this enables him to feel better about himself [1].

A personal protective factor that affects Fred's ability to change is him settling into his Dads house. This is a protective factor because it gives him the confidence to just relax when he is at home and feel his is in a safe environment. Being in a safe environment gives Fred the ability to relax because he won't be worried about the stressful things like school work or him being apart from his Mum.

An inter-personal risk factor for Fred is that his Mum and Dad are divorced. This is a risk and has ability to change Fred because it can place a lot of stress on him when his parents argue. This would place stress on him because it could make him feel unsafe at home and frustrated.

A social risk factor for Fred is that he might move with his Mum. This is a risk because it might put tension in the relationship he has with his girlfriend. This is a risk because it might frustrate him and he might have arguments with other people and get angry [2].

A social protective factor is living in the same community all his life and this is a protective factor because it means if things are going downhill for him then there will be people to help him get back up; this helps him because the people around him help.

A strategy for Fred to help him get over his failed English internal is getting the opportunity to do a re-sit. This strategy relieves the stress because he gets to have another crack at the internal which means he won't worry as much about his school work compared to not getting the opportunity.

A personal strategy for Fred to relieve the stress off himself is to talk to his parents about how he feels when they argue and if that doesn't work he can see a councillor at school. Talking to someone about this problem will give him a chance to let people know how he is feeling and hopefully they can adapt to help him [3].

An interpersonal strategy for Fred would be to talk to his group of friends together and with his wider family to find out what they would think is best for him. He could also talk to the people in the community to get their opinion on the move. Someone else's opinion can make a big difference and have a huge influence on the choices we make.

A societal protective strategy would be to stay in his community. This would benefit him because he knows about the community and what he can do to help. The community would also benefit because they have someone that is grown up in it all their whole life. This could make a big difference in the decisions made by the community if he has an input.