

Fred failing his test is a personal risk factor because it could impact on his self-esteem and make him less likely to continue with confidence and lessen his drive and motivation to succeed. This affects his ability to cope with change negatively as it could lower his self-esteem, which is a risk factor [1].

Fred carrying on at school and ideally finishing it shows that he has the confidence and desire to do well. Both of these are protective factors and directly influence his ability to cope with change by making him a more resilient person.

Tension between Fred's parents is an interpersonal risk factor because it can cause low self-esteem and feelings of guilt within Fred. This could negatively impact on his ability to deal with change as it could create additional risk factors such as a lack of confidence and lack of drive to move on which makes it hard to be resilient [1].

Having a supportive father can greatly benefit Fred as the sense that it can reassure him that he is doing well and everything will work out alright. This links to the common protective factor of having a supportive parent. Having to travel long distances is detrimental to Fred's well-being and can cause unnecessary strain and stress and deter him from accepting change [1].

By Fred helping in the school production, he is keeping himself busy and the protective factor of having goals keeps him motivated. Working on it also keeps him in a friendly and encouraging environment which can help him to get through and cope with change. This is a common protective factor of having a large social support network.

At a personal level Fred could set himself short and long term goals to keep him focused and adaptive to things around him, doing so creates the protective factor of having good goals and learning to reach them. This will aid his ability to cope with change and ensure he stays on track with his studies.

At the interpersonal level, Fred could keep himself around friends where possible and make sure he keeps in contact. This creates a feeling of safety during change because he is still hanging out with his friends. This diminishes the risk factor of feeling isolated and anxious and promotes the protective factor of having a large range of social support [2].

And on a societal level, Fred could stay involved with his community and be a contributing factor to beneficial things. This encourages the protective factor of being active and contributing. This will make Fred more able to cope with change and diminishes the risk factor of lack of self-esteem and confidence.

The strategies relate to and synergise with one-another and are all applicable to the P/IP/S levels to a certain degree. When the strategies are used in conjunction they would greatly aid Fred's ability to deal with change around him, giving him goals, confidence, friends and a sense of self-worth. These are beneficial protective factors for Fred.