

The personal risk factor of Fred failing a big internal for English [1], has influenced Fred's ability to manage change in a bad way. By failing the English internal, Fred would become stressed about whether or not he will be able to be a school leader next year and he could lose confidence in himself which will add to the stress of his Mum's move making the change that much harder on him personally [2].

The personal protective factor of Fred wanting to complete Year 13 and be a school leader [1] has influenced Fred's ability to manage change in a good way. By having goals to work towards Fred has something to focus on instead of worrying about his Mum's move which will make the change easier on him, as he has something to work towards and a sense of normality since he has had these goals for some time now.

The interpersonal factor of conflict between Fred and his Mum [1] will influence his ability to manage change in a bad way because Fred finds it hard to talk and explain why he wants to stay, to his Mum which will create stress for Fred. This makes the possible move more stressful and he will feel as if he can't go to his Mum for support through this change. In the past Fred's Mum has been one of his main support people since he has been living with her for most of the time [2].

The interpersonal protective factor of Fred being able to talk to his Dad [1] about his problems and his Dad giving him support for Fred's decision to stay and live with his Dad, influences Fred's ability to change in a good way. This shows Fred that his Dad cares for him. Having support for his decision makes Fred feel as though his choice to stay is the best thing he could do, taking the stress off the change for Fred.

The societal risk factor of Fred living further away from his community [1] and his friends influences his ability to manage change because Fred has always lived close to his friends and is close with his community. This means that he feels safe and secure where he lives at the moment but moving further away, he has added more change to his Mum moving, making it more stressful and thus the change is harder [4].

The societal protective factor of Fred influences Fred's ability to manage change in a good way because by feeling part of and connected to the community [1] gives him comfort and a sense of familiarity in the change he is going through. This will take the stress off the change that Fred is currently going through [4].

A strategy that Fred could employ to help manage the change and build resilience would be to develop and maintain faith in himself [5]. This would help him feel confident both in his decision to stay behind (helping him manage change) and in his school work (making him feel more confident for the next test). This strategy builds on the protective factors of staying longer at school and achieving well as well as faith that his life has meaning, having aspirations, hope and plans for the future, which will help him be a school leader. It will lower the risk factor of academic failure and dropping out of school which will build on the future protective factor of meaningful employment. [3].

A strategy that Fred could employ to help manage the change and build resilience would be to develop and maintain good relationships with the people in his life e.g. his Mum. He could organise to do something with his Mum that they both enjoy, maybe they could go out for dinner and talk about the move. This will minimise the risk factor of lack of social support from family and positive social interactions with others. This will help Fred manage the change and build resilience because by building and maintaining a good relationship with his Mum, Fred's Mum will be more

understanding and supportive of Fred's decision to live with his Dad, which will lower the stress of the change for Fred, making it easier on him by being supported by both his parents.

A strategy that Fred could employ to help manage the change and build resilience would be to join a community youth group closer to his Dad's house [5] to strengthen ties and make friends within his Dad's part of the community. This will minimise the risk factor of lack of social support from his community and build on the protective factors of having a supportive neighbourhood, attachment to the community and building the factor of being involved in extracurricular activities. This will help Fred manage the change because he will build strong ties to the community making the change easier on him and he will make friends in the community who will help him deal with the change of his Mums move.