



Chapter 7: Protective Factors – Facilitator Guide

Room Set-Up: A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

Number of Participants: Up to 20.

Approximate Time: 35-45 minutes

Materials

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 7

Learning Objectives

- Understand what protective factors are and why they are important
 - Know how to identify protective factors available to you
 - Learn how to develop more protective factors
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Check-In Questions and Discussion

- How are you arriving today?
- Rose/Thorn/Bud Exercise
 - Rose: One good thing going on in your life right now
 - Thorn: One thing you'd like to work on or improve
 - Bud: One thing you are looking forward to
- Have you ever heard the term “protective factors?” If so, what do you know about them? If not, what do you think the term might mean?

Toolkit Chapter Review and Story (pp. 27-29)

Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board

- What are protective factors? (Define) What are some examples?
- What protective factors exist in your community or are otherwise available to you?
- How can you develop even more protective factors?

Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)

Checkout Questions

- How are you leaving today?
- Rose/Thorn/Bud Exercise
 - Rose: What are your favourite takeaways from this chapter?
 - Thorn: Was there anything you didn't like about this chapter?
 - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?