

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Prevent Child Abuse NC is the leading state-wide organization focusing on the prevention of child abuse and neglect. We are moving the conversation upstream to focus on ensuring all North Carolina children are safe and loved.

Join us in building resiliency throughout North Carolina. We need everyone at the table to create resilient families and a stronger future for North Carolina. From the Department of Public Health and local universities to law enforcement and faith-based communities to business leaders and of course, you, we all play a role in building safe, stable, nurturing homes and communities where children can thrive.

“We tend to divide the world of mental health separate from the world of physical health, but the body doesn’t do that.”

- Dr. Nadine Burke Harris, Center for Youth Wellness

“If [people] already know that these [ACEs] are common, they are more likely to be relieved, I think, than frightened...they don’t feel alone anymore. That ‘I’m not the only one that experienced these kinds of things.’”

- Dr. Robert Anda, Centers for Disease Control & Prevention

“Faith and hope are fundamental aspects of resilience, for as you think you are, so you are!”

- Rev. Dr. Darrell Armstrong, Pastor, Shiloh Baptist Church



SCAN NOW
to take the survey today!

RESOURCES

Prevent Child Abuse North Carolina:
PreventChildAbuseNC.org

The ACES Connection
acesconnection.org

Essentials for Childhood
cdc.gov/violenceprevention/childmaltreatment/essentials

Veto Violence
vetoviolence.cdc.gov

The ACE Study
cdc.gov/violenceprevention/acestudy

Strengthening Families
cssp.org/reform/strengtheningfamilies

The Protective Factors Framework
cssp.org/reform/strengtheningfamilies/about/protective-factor-framework



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NORTH CAROLINA

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PreventChildAbuseNC.org



Prevent Child Abuse
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Social and Emotional Competence

Children's early experiences of being nurtured and developing a **positive relationship** with caring adult **affects all aspects** of behavior and development.



Knowledge of Parenting & Child Development

Children **thrive** when parents provide **not only affection**, but **also** respectful communication and listening, consistent rules and expectations, and **safe opportunities** that promote independence.



Social Connections

Parents with a social network of **emotionally supportive friends, family, and neighbors** often find that it is **easier to care** for their children and themselves.



5 Protective Factors

Resilience

Parents who can cope with the **stresses of everyday life**, as well an occasional crisis, have **resilience**; they have the flexibility and inner strength necessary to **bounce back** when things are not going well.



Concrete Support

Families who can meet their **own basic needs** for food, clothing, housing, and transportation—and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs—are **better able to ensure the safety and well-being of their children**.



ACEs can have devastating impacts on long term health

When a child experiences adverse childhood experiences (ACEs), it can have life-long consequences for physical and mental health. But, one caring adult can make a difference. That's why we know building protective factors in parents, communities and businesses is important.

For more information

Please call 919-829-8009 or email
info@preventchildabusenc.org

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