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# Bringing Protective Factors to Life

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## *Social Connections*

Statewide Webinar  
Thursday | April 16, 2020 | 3:30pm – 5:00pm EST

# Welcome

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## Mr. Chris Lolley

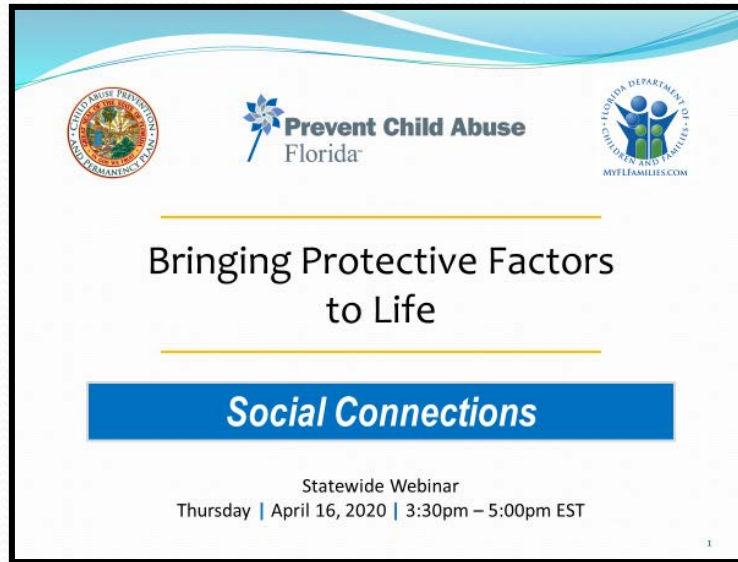
*Executive Director*

Prevent Child Abuse Florida

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[www.PreventChildAbuseFL.org](http://www.PreventChildAbuseFL.org)





*A recording of this webinar and associated materials  
will be available at*  
[www.PreventChildAbuseFL.org](http://www.PreventChildAbuseFL.org)

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For additional questions or comments, please email:  
Chris Lolley at [clolley@ounce.org](mailto:clolley@ounce.org) or  
Nydia Ntouda at [nntouda@ounce.org](mailto:nntouda@ounce.org)



EVERYONE CAN MAKE #GREATCHILDHOODS  
HAPPEN. ESPECIALLY YOU.



Pinwheels for  
**PREVENTION**

**Prevent Child Abuse**  
Florida

# Moderators

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**Ms. Sarah C. Sheppard**, B.S.  
Certified Recovery Peer Specialist (CRPS)  
Statewide Recovery Integration Specialist  
Substance Abuse Mental Health Program Office  
Florida Department of Children and Families



# Moderators

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**Ms. Maria A. Long**, B.A., M.Ed.  
Certified Community Health Worker (CCHW)  
Community Outreach Perinatal Educator (COPE)  
CityMatCH Leader & Consultant  
Advisory Board Member to Be Strong Families



# Getting to Know You

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*Using the “Question Box”, please share:*

- Where you're from:
    - ✓ *County*
  - If you're representing as a: *(share all that may apply)*
    - ✓ *“Name of Agency” Member*
    - ✓ *Community Member*
    - ✓ *Parent*
-

# Conversation Norms

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- **Speak from your own experience/Speak your truth**- *Use “I” statements. Speak and own your truth, trusting that your voice will be heard and your contribution respected.*
- **Listen attentively & deeply**- *Allow others to speak. Listen to what is said; listen to the feeling beneath the word. Strive to achieve a balance between listening and reflecting, speaking and acting.*
- **Suspend judgement**- *Set aside your judgements. By creating a space between judgements and reactions, we can listen to each other, and to ourselves, more fully.*
- **Maintain confidentiality/Create a safe place**- *The stories stay, the lessons may leave.*



# The Change is Now!

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The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

**– M. Scott Peck**

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# Tools to Navigate the Journey

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**strengthening families™**  
A PROTECTIVE FACTORS FRAMEWORK

## Protective Factors Framework



[www.cssp.org](http://www.cssp.org)

# Protective Factors Framework

**Parental Resilience**



*Being strong and flexible.*

**Social Connections**



*Parents need friends.*

**Concrete Support in Times of Need**



*Everybody needs help sometimes.*

**Knowledge of Parenting & Child Development**



*Being a great parent is part natural and part learned.*

**Social & Emotional Competence of Children**



*Parents need to help their children communicate.*

*Note- Nurturing & Attachment are included within each factor.*

# What are Protective Factors?

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*Attributes or conditions of individuals, families, communities, or the larger society that reduce or eliminate risk and promote healthy development and well-being of children and families.*

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## **Protective factors can:**

- *Help ensure children and youth function well at home, in school, at work, and in the community – today and into adulthood.*
- *Serve as a buffer – helping parents, who might otherwise be at-risk of abusing/neglecting their children, find inner strength, resources, supports, and/or healthy coping strategies that allow them to parent effectively, even under stress.*

## What We Know:

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*Families thrive when  
**protective factors**  
are robust in their lives and  
communities.*

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A PROTECTIVE FACTORS FRAMEWORK

# Building Protective Factors

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✓ Take Care of Yourself.



✓ Commit to being a Strong Parent.

✓ Build a healthy relationship with each of your children.



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# strengthening families™

A PROTECTIVE FACTORS FRAMEWORK

## *Social Connections*

(Parents Need Friends)



# *Social Connections*

Positive relationships that provide emotional, informational, instrumental, and spiritual support.

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## **What does it look like:**

- *Multiple friendships and supportive relationships with others.*
- *Feeling respected and appreciated.*
- *Accepting help from others and giving help to others.*
- *Skills for establishing and maintaining connections.*



# Social Connections

## Examples

- Having friends, family members, neighbors and others who will provide:
  - ***Emotional support*** (e.g. affirming parenting skills)
  - ***Instrumental support*** (e.g. providing transportation)
  - ***Informational support*** (e.g., providing parenting information)
  - ***Spiritual support*** (e.g., providing hope and encouragement)

# Social Connections

## Examples

- Having friends, family members, neighbors and others who:
  - *Help solve problems.*
  - *Help buffer parents from stressors.*
  - *Reduce feelings of isolation.*
  - *Promote meaningful interaction in a context of mutual trust and respect.*
- Having a sense of connectedness that enables parents to feel secure, confident, and empowered to “give back” to others.



# Participant Perspectives

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*Using the “Question Box”, please share:*

Who are the social connections that assist you with being a good parent and how do they do it?

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# *Social Connections*

## Why is it important?

- Social connections are **important regardless of age or life stage**.
  - Social connections **are essential for parents** – having someone to talk to or someone to lean on in times of need – can help to reduce stress and improve the ability to cope with challenges and frustration.
  - Caring relationships with other adults **will improve parenting and promote a stronger, happy and healthier parent-child relationships**.
-

# *Social Connections*

## **Why is it important?**

- Are most valuable when they provide both emotional support and practical assistance:
    - ***Emotional support*** – when a caring adult listens to your feeling and frustrations, understands them, and offers comfort.
    - ***Practical assistance*** – when caring adults offer to help you around the house, care for your children, or provide transportation.
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# *Social Connections*

## **By coming together** (in-person or virtually)...

- Helps families build, sustain, and value connections.
- Creates an inclusive environment.
- Facilitates mutual support.
- Promotes engagement/participation in family and community activities.

# *Social Connections*

## How can we maintain social connections in a time of social distancing?

### Calling



### Writing



### Texting



### Social Media



### Video Call/Conferencing



# Participant Perspectives

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*Using the “Question Box”, please share:*

What are creative ways you have been able to maintain social connections for yourself ? For your children?

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# *Social Connections*

## Components of Healthy Relationships

<b>Love</b>	<b>Negotiation &amp; Fairness</b>
<b>Safety</b> (physical, emotional, cognitive, spiritual)	<b>Non-Threatening Behavior</b>
<b>Trust &amp; Support</b>	<b>Economic Partnership</b>
<b>Honesty &amp; Accountability</b>	<b>Mutual Respect</b>
<b>Shared Responsibility</b>	<b>Responsible Parenting</b>

# *Social Connections*

## **Components of Unhealthy Relationships**

- Use of Power and Control
- Use of Economic Abuse
- Use of Isolation
- Use of Coercion and Threats
- Use of Intimidation
- Minimizing, Denying and Blaming

# Social Connections

## Key to Promoting Resiliency

### INDIVIDUAL

**Temperament**  
Individual temperament  
or sense of humor



**Understanding**  
Ability to make sense of  
their experiences

**Relationships**  
Ability to form relationships  
with peers



**Mastery**  
Opportunities to  
experience  
mastery



**Expression**  
Opportunities to  
express feelings  
through words,  
music, etc.



**Conflict Resolution**  
Development of conflict  
resolution & relaxation  
techniques



**Culture**  
Strong  
cultural  
identity

### FAMILY

**Role Models**  
Adults who role model healthy  
relationships



**Health**  
Healthy caregivers



**Networks**  
Relationships  
with extended  
family members  
and others



**Supportive  
Relationships**  
Positive child-caregiver  
relationships



**Stability**  
Stable living environment

### COMMUNITY



**Access to Services**  
Basic needs, advocacy, health



**School**  
Positive school climate  
and supports



**Mentors**  
Role models & mentors,  
i.e. coach, faith leader



**Neighborhood Cohesion**  
Safe & connected communities

# Participant Perspectives

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*Using the “Question Box”, please share:*

Based on a current challenge your family is facing, how is the Social Connections protective factor involved, or how should it be involved?

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When Spiders Unite, They Can Tie Up A Lion!

*----African Proverb*

# Moving Forward

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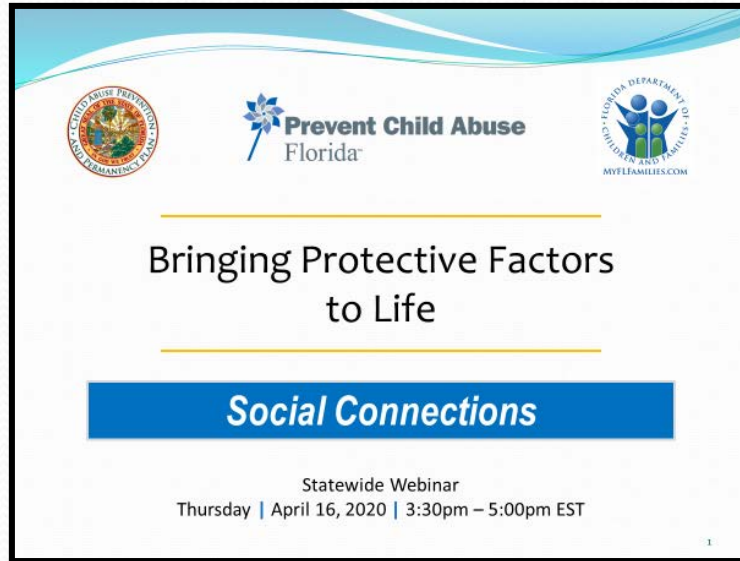
*How has today's experience impacted you?*



# Bringing Protective Factors to Life in your Community

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- Community Cafés create safe spaces and time for meaningful conversation and learning.
- All parents are encouraged to participate and bring their experience, strengthen, and hope.
- We are working with partners to bring Cafés virtually.
- To bring protective factors to life in your community, please contact Chris Lolley at Prevent Child Abuse Florida.



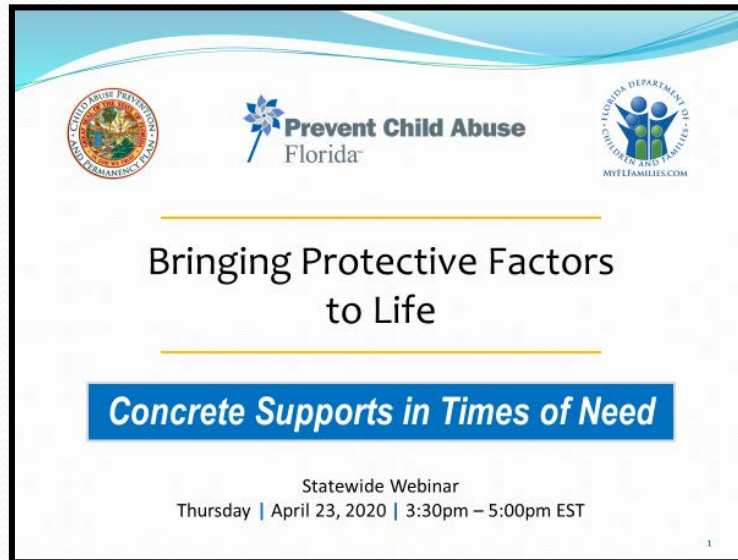
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Nydia Ntouda at [nntouda@ounce.org](mailto:nntouda@ounce.org)



***Please join us next Thursday,***  
**April 23, 2020 at 3:30pm EST**



The slide features three logos at the top: the State of Florida seal on the left, the Prevent Child Abuse Florida logo in the center, and the Florida Department of Children and Families logo on the right. The main text is centered and reads: "Bringing Protective Factors to Life" followed by a blue box containing the title "Concrete Supports in Times of Need". At the bottom, it specifies "Statewide Webinar" and "Thursday | April 23, 2020 | 3:30pm – 5:00pm EST". A small number "1" is in the bottom right corner.

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Visit  
[www.PreventChildAbuseFL.org](http://www.PreventChildAbuseFL.org)  
for more information.

**Thank  
You**

*Mahalo*

**Kiitos**

*Tack*

**Toda**

**Grazie**

*Obrigado*

**Thanks**

**Takk**

**Merci**

**Gracias**

For Bringing Protective Factors to Life!