

Focusing on...

The Five Strengths



Becoming aware of the Five Strengths and their importance for families is the first step. The next step is to learn more about how to recognize and build them within your own family. The tips, resources and activities below are designed to guide you and your family in exploring the Five Strengths.

Need a reminder of how the Five Strengths are important? Review the [Why Strengths Matter](#) page.

REMEMBER: The Five Strengths = The Five Protective Factors

Tips

Be Intentional

- Learn about different aspects of the Five Strengths
- Explore and *do* things that build those Strengths
- Ask yourself regularly how strong you think each family Strength is
- Remember that Strengths ebb and flow as circumstances change
- Talk about the Strengths and share them with others
- Allow trusted friends and family to describe the family Strengths they see
- Encourage others to help you to strategize and stay motivated

Resources

[Protective Factors Overview](#) This interactive online learning activity provides real-life examples and stories that help the viewer identify the Five Strengths, which are referred to in this module as Protective Factors.

Activities

[Living the Protective Factors: How We Keep Our Children Safe and Families Strong*](#) This book contains 57 short readings, questions and activities that guide parents in thinking about Protective Factors, especially at times when they feel stuck.

[Living the Protective Factors Playbook*](#) A guided journal full of fun activities to explore your own and your family's Protective Factors.

* These resources require purchase.