Increase Bonding or Connectedness:
Strengthening connections between the individual and pro-social persons or activities, e.g. in schools increase family involvement, create engaging afterschool programs

Set Clear and Consistent Boundaries:
Be consistent and fair in implementing policies and regulations; this might be most effective in combination with youth participation.

Teach Life Skills:
Teaching such as conflict resolution and cooperation will help young people navigate environmental challenges.

Provide Care and Support:
Caring relationships are elements of promoting resiliency. Research increasingly points out that supportive environments and climates are essential for learning.

Provide Opportunities for Meaningful Participation:
This strategy views young people as resources and involves them as active participants. They take on responsibility by making decisions, planning, evaluating and implementing projects.

Set and Communicate High and Realistic Expectations:
High and realistic expectations are excellent motivators; cooperative and interest-based learning strategies such as service learning are effective.

Building Resiliency in the Environment

Mitigating Risk Factors in the Environment
