



UNCOVERING YOUR OWN PROFILE OF PROTECTION

It's important to elevate the things that gave us strength and protection as much attention as we do other linear needs assessment and problem-focused solutions. To become better at helping other to do this, we need to discover our own beliefs and consider our own positive building blocks.

Reflect on Key Questions

1. Do we focus on risk paradigms, victim blame or overly focus on negatives?
2. What occurred in your life that brought out your strengths and capacities?
3. In what way have you connected what you know about how you developed these strengths with what you do to help bring them out in others?

Possible Individual Factors	
<ul style="list-style-type: none"> ○ Assertiveness ○ Strong Problem-solving ability ○ Self-efficacy, feeling a sense of control over one's on world ○ Comfort with uncertainty, flexibility ○ Self-awareness, personal insights ○ Perceived strong social support ○ A positive outlook, optimism ○ Empathy and the capacity to understand others ○ Active stance toward obstacles or difficulties ○ Having goals, aspirations, sense of purpose ○ Achieved highly in school, sports, etc. ○ Other: _____ 	<ul style="list-style-type: none"> ○ Showed a balance between independence and dependence on others ○ Appropriate use of or abstinence from substances like alcohol and drugs ○ A sense of humor ○ A sense of duty (to others or self, depending on your culture) ○ Participated in creative (art, drama, etc.) activities, sports, and/or social activities ○ Other: _____
Possible Relationship Factors	
<ul style="list-style-type: none"> ○ Strong relationship with a non-abusive parent or other positive adults ○ Quality parenting that met my needs ○ Raised in a family that was emotionally expressive. ○ Demonstrated social competence ○ Strong connections to family and extended family ○ Others fostered my talents ○ Other: _____ 	<ul style="list-style-type: none"> ○ Had a positive mentor and role models ○ Experienced meaningful relationships with others at school, home, social circles ○ Positive peer group acceptance ○ High expectations from those around me ○ Other: _____

Possible Community Factors	
<ul style="list-style-type: none"> ○ Large number of people provided social support ○ Felt connected at school ○ Exposure to violence was avoided in family, community, and with peers ○ Government participated in providing safety, recreation, housing, and jobs ○ Participated in meaningful rites of passage with an appropriate amount of risk ○ I had a perception of social equity ○ People around me gave me hope ○ Other: _____ 	<ul style="list-style-type: none"> ○ Exposed to opportunities for age-appropriate work ○ Community was tolerant of high-risk and problem behavior (meeting behavior with inclusion instead of exclusion) ○ Safety and security needs were met ○ Access to school and education, information, learning resources, housing, healthcare, etc. ○ Other: _____
Possible Cultural Factors	
<ul style="list-style-type: none"> ○ Strong cultural/spiritual identification ○ Exposed to others who were tolerant of each other's different ideologies, beliefs (such as race and gender roles) ○ Experienced a strong belief in self-betterment (not economic betterment, but betterment of the person and community) ○ Other: _____ 	<ul style="list-style-type: none"> ○ Was culturally grounded: knew where I came from ○ Change (shift) in values were handled well ○ Was a part of a cultural tradition, expressed through daily activities ○ Developed a life philosophy ○ Affiliation with a religious organization ○ Other: _____

Other Basics to Consider

Had access to:	Was free from:
<ul style="list-style-type: none"> ○ Enough money to live ○ Good enough housing ○ Transportation ○ Healthy diets ○ Exercise and fresh air ○ Enough Sleep ○ Play and Leisure 	<ul style="list-style-type: none"> ○ Violence ○ Prejudice and discrimination ○ Cultural dislocation

Developed by Zulema Ruby White Star, Caminar Latino-Latinos United for Peace and Equity, 2024

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