Building Resilience and Preventing Depression in Adolescents:
The Rescourageful Adolescent Program

**Individual Protective Factors**
- recognition of strengths
- ability to regulate self/affect
- positive cognitive style
- stress management skills
- self-soothing/calming strategies
- problem solving skills
- coping self efficacy
- ability to prevent and manage conflict
- perspective taking
- seeking social support and help seeking

**Family Protective Factors**
- secure attachment between parent and adolescent
- promotion of adolescent autonomy (as developmentally appropriate) while maintaining family connectedness
- family harmony/low family discord
- parental validation, nurturance, and support

**School Protective Factors**
- school connectedness
- positive classroom environment
- low level of interpersonal conflict
- teacher support
- peer support