

Protective Factors

How can school staff support and nurture the protective factors for our students?

Resources:

The Edmonton Catholic School District Mental Health Strategic Plan provides opportunities to further develop your understanding of mental health and build awareness about tools and strategies to support all students' mental health.



KEY UNDERSTANDINGS

- Brain development is formed by our communication and healthy interaction with others. While adverse experiences interrupt brain development and increases the risk for long-term negative physical and mental health problems. They can have a negative effect on learning, behavior and a student's well-being.
- Brain research demonstrates that experiencing nurturing and stable relationships is essential for healthy brain development.
- Risk factors for children affect their social-emotional well-being and can result from a lack of support, isolation, loss and grief, exposure to abuse (substance, physical, psychological, sexual), poverty, abandonment and malnutrition. These types of conditions can cause toxic stress, which can place the student at risk for success.
- Protective factors promote positive mental health and reduce risk for negative outcomes. These factors may include a positive support system, experiencing success in school, safety and security, access to basic needs, ability to solve problems and manage healthy stress.
- Be sensitive to the feelings of others because we may not be aware of what has occurred in their lives.
- As educators, we want to increase protective factors to help mitigate the risk factors in our student's lives.

QUESTIONS FOR DISCUSSION

- How can we increase the protective factors for our students, so they can be successful in their learning?
- How can I encourage students to be problem-solvers and manage stress and adversity?
- How can I develop long lasting, deep relationships with my students?

FOR MORE INFORMATION:

Visit ECSD SharePoint: Learning Services
Innovation, Inclusive Education - Mental Health

<https://www.ecsd.mentalhealth>

Working Together to Support Mental Health in Our
Schools

[http://education.alberta.ca/media/3576206/
working_together_to_support_mental_health.pdf](http://education.alberta.ca/media/3576206/working_together_to_support_mental_health.pdf)

