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| **YOUTH and FAMILIES THRIVE** **Nebraska****Protective and Promotive Factors** |
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| ***Knowledge of Parenting and Child and Adolescent Development*** | *The ability to support nurturing attachments and have realistic expectations in order to effectively promote development in children and youth.* |
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| ***Social-Emotional Competence***  | *The ability to recognize and regulate one’s emotions and behavior, the ability to recognize and respect the feelings and needs of others, and the ability to balance and communicate about these matters to promote healthy relationships with family, friends, in the workplace, and in your community.* |
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| ***Resilience*** | *The ability to recover from difficult life experiences and often to be strengthened and even transformed by those experiences.* |
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| ***Social Connections*** | *The ability and opportunity to develop positive relationships that lessen stress and isolation and become a supportive network.* |
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| ***Concrete Supports*** | *The ability to access resources and services that help make children, youth, and families stronger and more resourceful for themselves and other.* |
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|  *Taken together, these factors increase the probability of positive, adaptive, and healthy outcomes across the developmental continuum, even in the face of risk and adversity.*  |

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