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Section C

Factors That Buffer and Exacerbate Stress

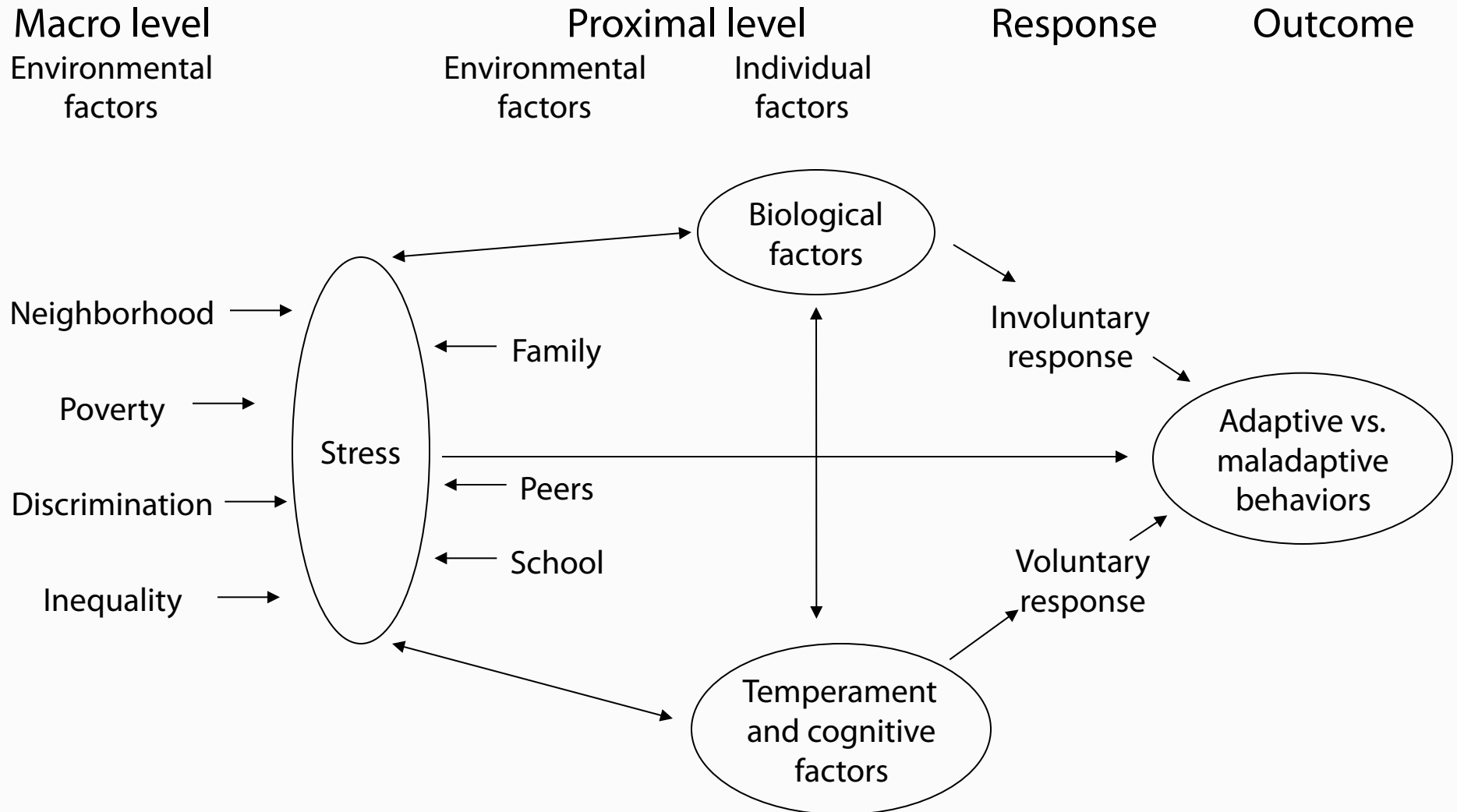
Factors That Buffer and Exacerbate Stress

- Compensatory factors
- Protective factors
- Vulnerability processes

Without Stress ...

- ... There is no test of resilience

A Model of Resilience in Adolescence



A Model of Resilience in Adolescence

Outcome



A Model of Resilience in Adolescence

Macro level
Environmental
factors

Outcome



A Model of Resilience in Adolescence

Macro level
Environmental
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Outcome



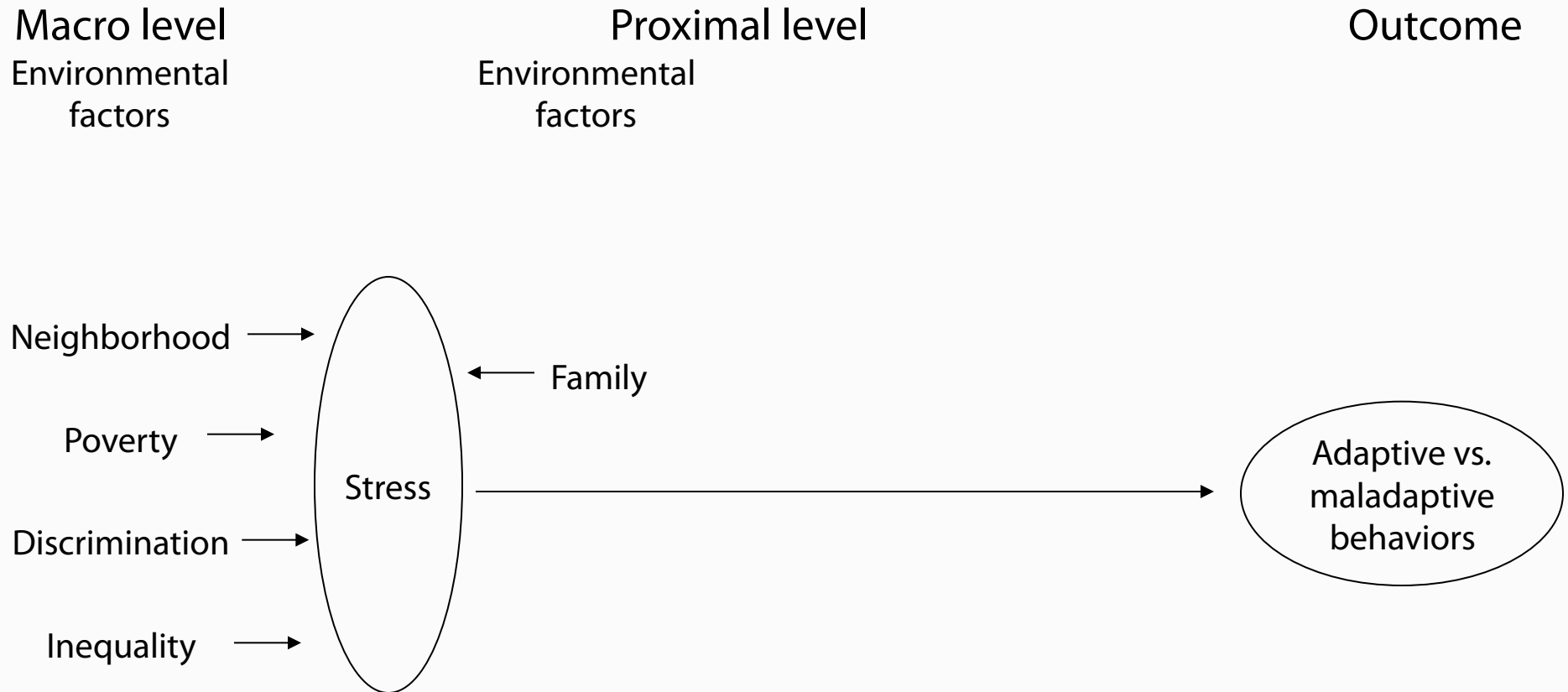
Neighborhood Factors: Poverty

- Lower grades
- Lower educational attainment
- More school drop out
- More delinquency
- More precocious sexual activity/child bearing

How Does Poverty Impact Outcomes?

- Less social and financial capital
- More social disorganization
- Less collective efficiency
- More discrimination
- More inequality

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Family Factors

- Globally, family has consistently been shown to be the most protective factor in the lives of young people

Elements of Positive Parenting

- Behavioral monitoring
- Closeness and connectedness
- Emotional responsiveness
- Knowing child's friends, their friends' parents, their teachers
- Setting high behavioral and educational expectations

Parenting Styles

- Authoritative
- Authoritarian
- Lazier-faire
- Neglectful

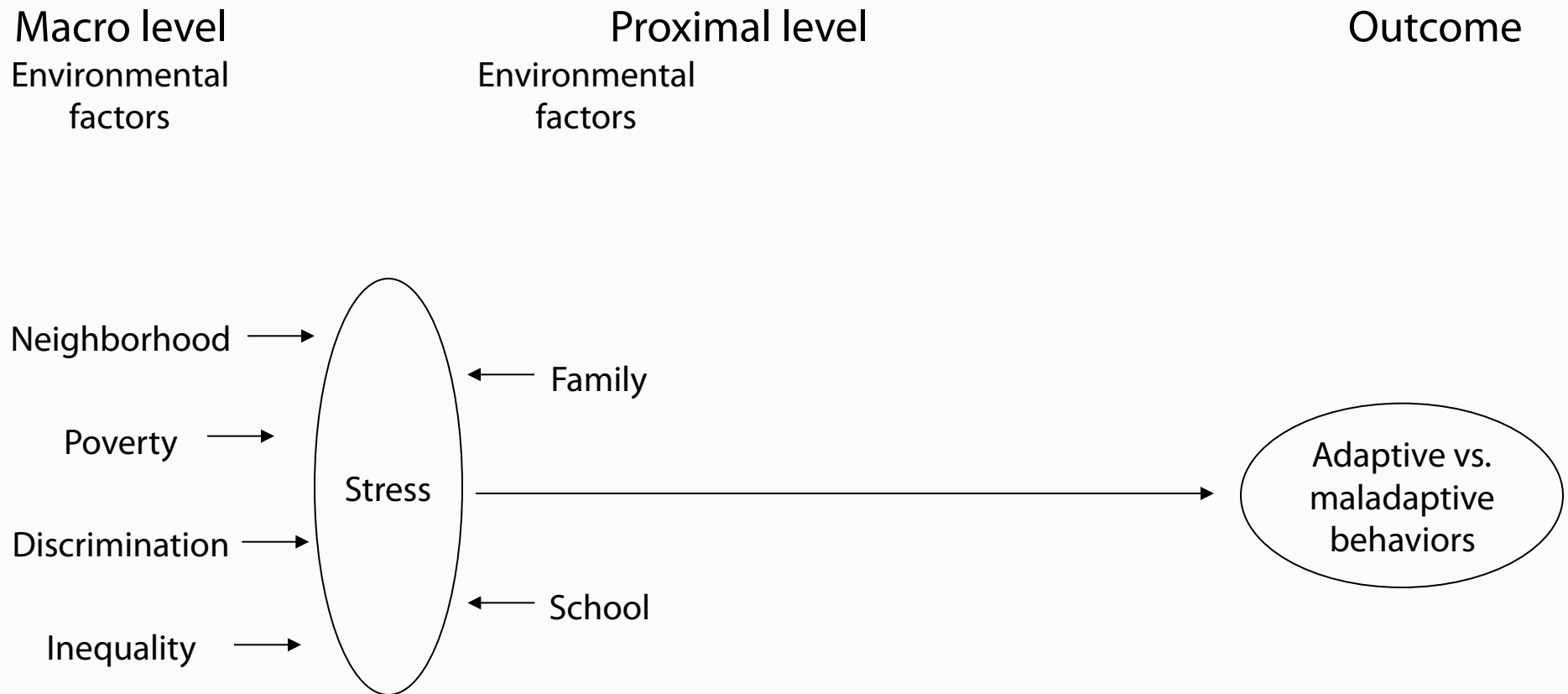
Parenting Styles

- Authoritative
- Authoritarian
- Lazier-faire
- Neglectful

Dimensions of Parenting

- Connection
- Control
- Regulation

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School Factors

- Young people who are attached to school appear to be less involved in every risk behavior

Factors That Appear to Influence School Attachment

- Having a sense of being part of the school
- Liking school
- Perceiving teachers as supportive and caring
- Having good friends in school
- Being engaged in one's own future
- Believing discipline is fair
- Being engaged in extra-curricular activities

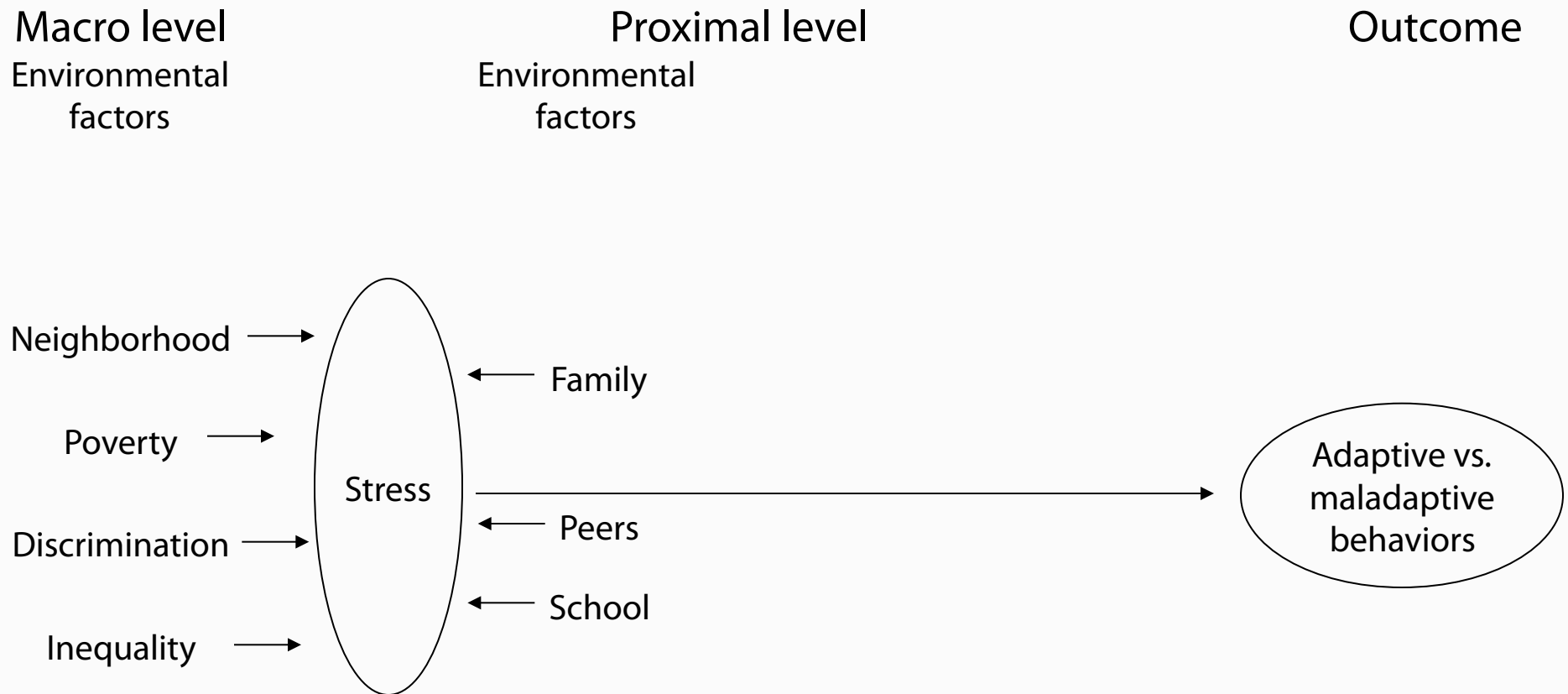
Behavioral Consequences of School Engagement

- Less disruptive and violent behavior
- Less weapon carrying
- Less drug use
- Less tobacco use
- Less drunkenness
- Less emotional distress
- Fewer suicide attempts
- Later age first sex

Four Principles of Engaging Schools

- High academic standards
- Personalized learning
- Relevance
- Flexible

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Peers

- Peers tend to be a positive socializing force

Close Prosocial Peer Relationships Are Associated With ...

- Decreased stress
- Less tobacco use, later age first sex (more religious peers)
- Less depression
- Less drug use
- Better academic performance

Influence of Peers

- Youth are more likely to conform behaviorally to the views of peers than parents

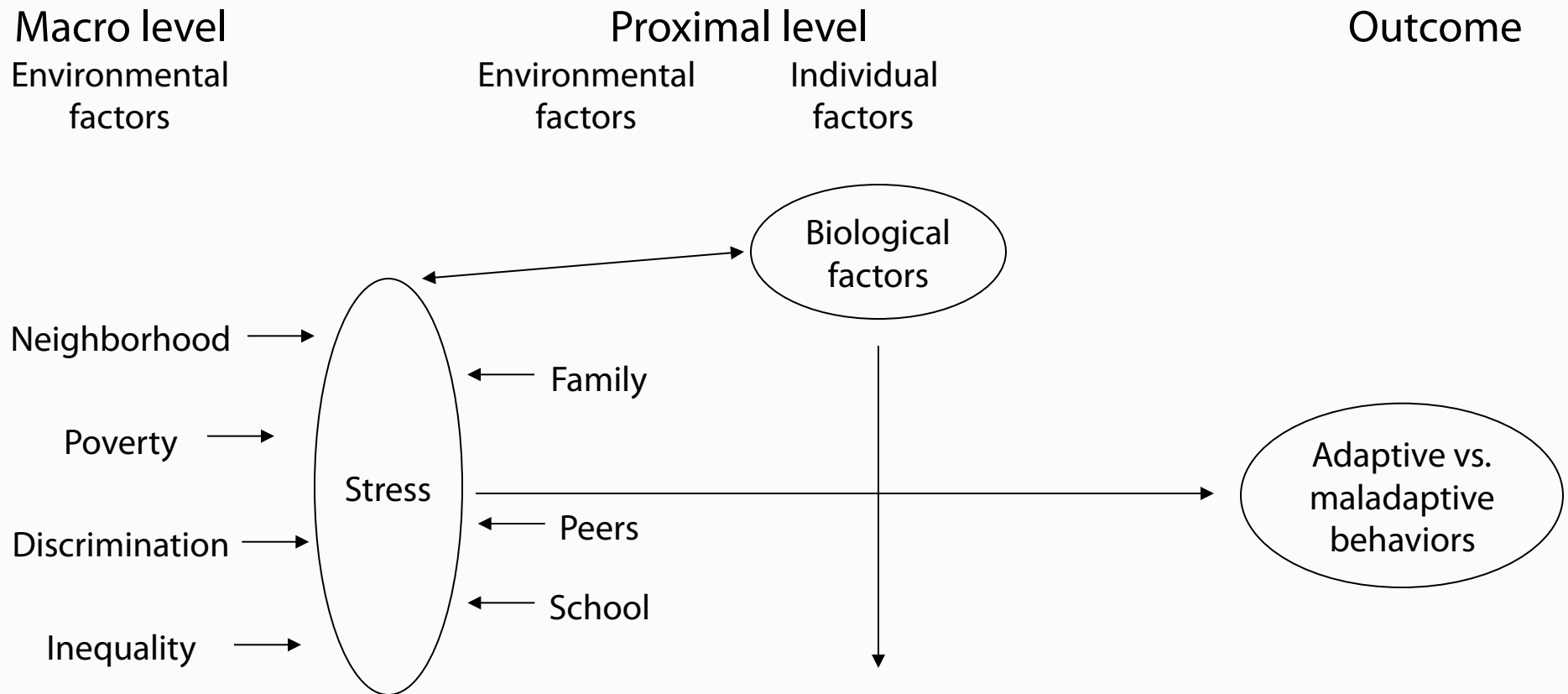
Cliques and Crowds

- **Clique:** a small group of friends who hang out together and are personally close
- **Crowd:** reputation-based collectives

Rank-Order Factors Associated with Popularity

1. Cool clothes
2. Attractive
3. Funny
4. Good in sports
5. Outgoing
6. Self-confident
7. Tough
8. Not attentive in school

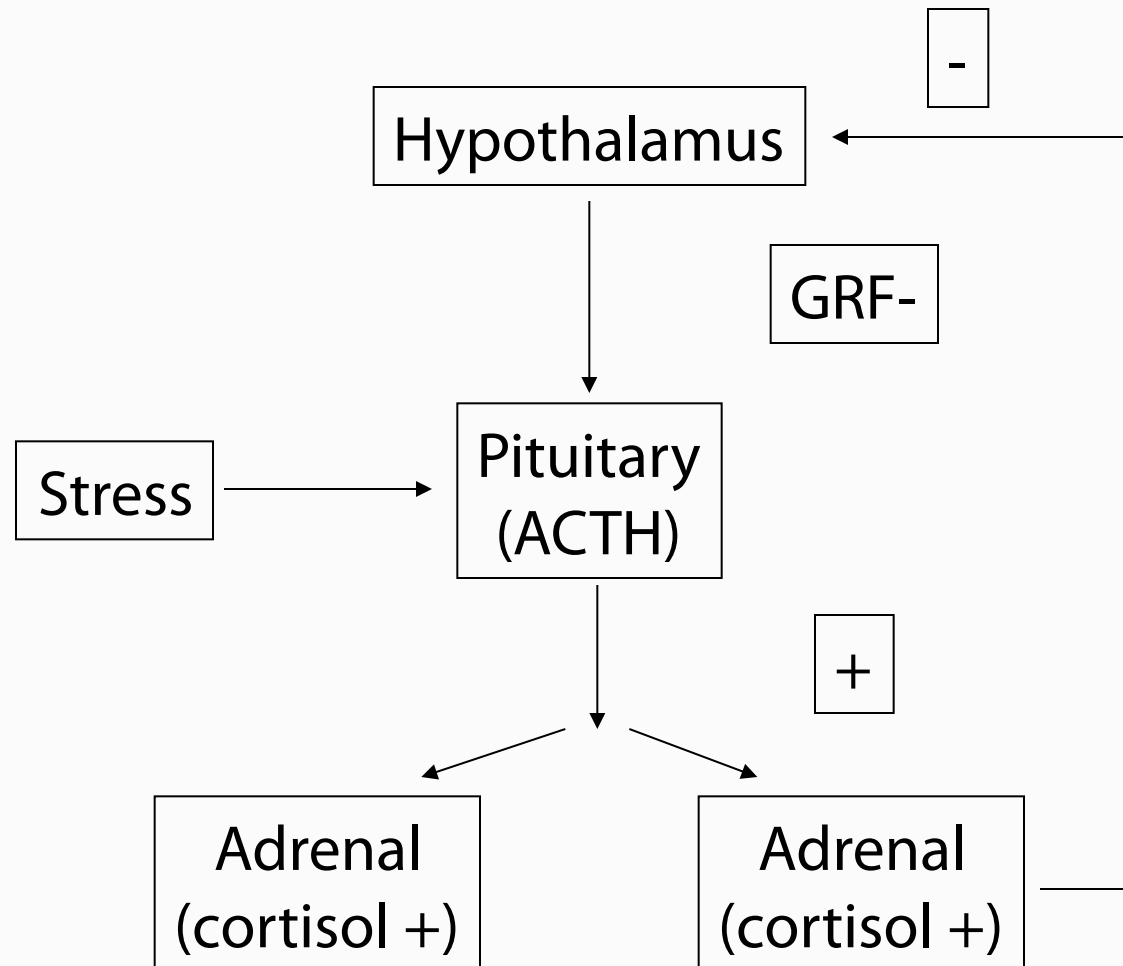
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Brain Development

- Brain development occurs within the context of the environment
- Toxic environments impede normal brain development

The Process of Toxic Stress



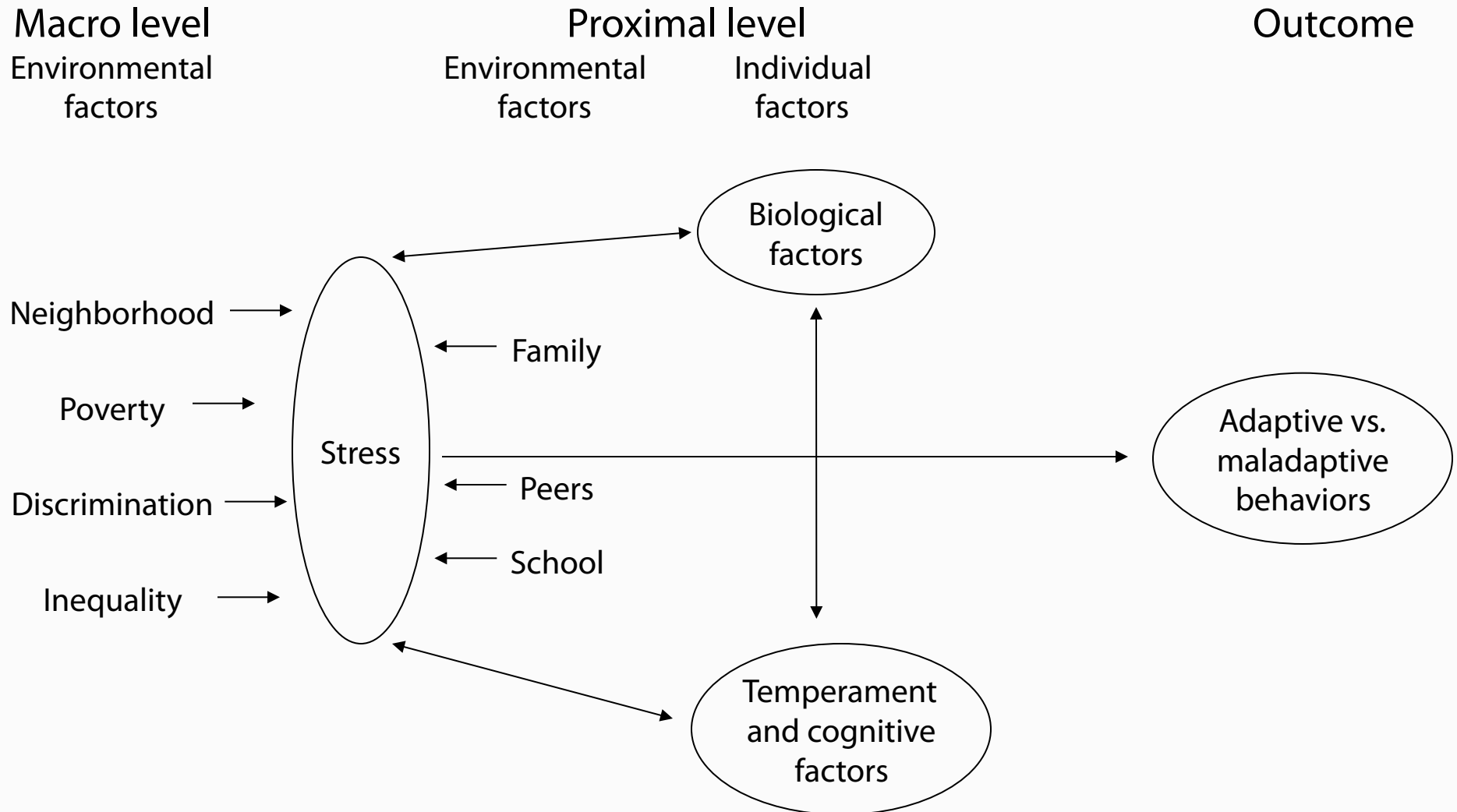
Persistently Elevated Cortisol in Adolescence

- Decreased synaptic and dendritic density early in life
- Decrease in pubertal hormones
- Diversion of brain resources away from learning to survival (e.g., fight or flight)
- Interruption of normal neurotransmitters (e.g., serotonin)

The Neurodevelopmental Impact of Chronic Abuse

- Diminished hippocampal volume
- Impaired development of frontal lobe (executive functioning)
- Diminished emotional control
- Problems with social relations and academic performance

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Temperament

- **Temperament:** relatively stable, early appearing, biologically rooted individual differences in behavioral traits (Rothbart and Bates, 1998)

Temperamental Factors Associated with Resilience

- Easy temperament
- Emotional reactivity
- Sociability
- Self-regulation
- Attention/focus

Traits Associated with Resilience

- Sound cognitive, attention, and problem-solving skills
- Effective emotional and behavior regulation
- Positive self-perceptions of efficacy and worth
- Hopefulness
- Religious faith and affiliations
- Aptitudes and characteristics valued by society (e.g., talent, attractiveness)

Traits Associated with Resilience

- Prosocial friends
- Socioeconomic advantage
- Effective school, school bonding
- Effective community
- One or more effective parents
- Connections to other competent, caring adults

Cognitive and Self-Regulatory Attributes of Resilience

- Self-regulation
- Executive function
- Emotional regulation
- Attachment to prosocial adults, peers, community institutions
- Opportunities for regulatory capacity building

Thriving in the Face of Adversity

- Flexible coping strategies
- Internal locus of control
- Intelligence
- A sense of humor
- Social responsiveness

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