

Risk and Resiliency Checklist

Child's Name: _____

Age: _____

Circle One: M F

Date: _____

RISK FACTORS

Internal Risk Factors

- Complications of pregnancy or birth
- Maternal substance abuse while pregnant
- Difficult temperament as infant & toddler
- Shy or withdrawn temperament as toddler
- Early pattern of aggression
- Juvenile court involvement
- Serious alcohol abuse
- Psychiatric diagnosis
- Chronic and/or major medical problems
- Neurological problems
- IQ less than 70
- School failure or dropout

External Risk Factors

- Siblings born w/in 2 yrs of each other
- Living in poverty
- Five or more children in the home
- Parental substance abuse
- Parent with psychiatric diagnosis
- Parental criminality
- Poorly attached
- Long absences of caregiver
- Single parent
- Frequent family moves
- Removed from home by DSS or court
- Witnessed violence in the home
- Substantiated neglect
- Physical abuse
- Sexual abuse
- Mostly negative relationship with parents
- Identification with negative peer group
- Teen pregnancy

Sum of Risk Factors: _____

PROTECTIVE FACTORS

Internal Protective Factors

- Easy temperament as infant and toddler
- Securely attached
- Independent, outgoing, curious toddler
- Good problem-solving skills
- Good overall student
- Good reader
- Perceives self as having strengths
- IQ above 100
- Extracurricular activities
- Ability to get along well with peers
- Ability to get along well with adults
- Considered likable
- Good sense of humor
- Empathetic
- Internal locus of control
- Positive and realistic goals for future

External Protective Factors

- Lives at home with family
- Parent w/ consistent employment & income
- Educated parents
- Religious involvement
- Rules & routines in home
- Discipline with discussion and support
- Child feels parent cares
- Warm and positive relationship w/ parents
- Alternative caregivers available to family
- Community mentor
- School mentor
- Support from members of same faith
- Support from peers

Sum of Protective Factors: _____

Protective - Risk = _____