



support, and peer support were the most robust predictors of resilience among children and youth exposed to different forms of violence such as witnessing DV ^[40].

- Other important protective factors that contribute to resiliency among DV exposed children and youth, include building connections (e.g., mentoring), developing personal strengths - such as social competence (e.g., communication), and autonomy (e.g., adaptive distancing), and enhancing maternal monitoring among Latin@ youth ^[24].
- A study on DV and PTSD, found that the amount of social support to the mother, inclusive of friends, relatives, and religion, was a protective element for their children ^[11].
- A secure attachment to a non-violent parent or other significant caretaker has been cited consistently in the literature as an important protective factor in mitigating trauma and distress from DV ^[11, 28]. High self-esteem is a critical element underlying children's ability to develop successful coping strategies, and as a significant distinguishing factor between resilient and non-resilient adolescents ^[7, 25, 17].
- A study examining coping skills and acculturation (as measured by language use) among Latin@ youth exposed to violence found that youth acculturation was positively associated with active coping (i.e. acknowledging stressors, confronting stressors or emotions, problem solving, or help seeking) ^[12].
- Despite the detrimental consequences of exposure to IPV a substantial portion of children and youth exposed to domestic violence can overcome negative effects to their well-being. In a review of 118 research studies, authors found that ultimately 37% of youth did not go on to experience poorer outcomes after being exposed to domestic violence ^[19]. This promising finding underscores the need to identify the paths that lead to healing for Latin@ children and youth exposed to DV.

This factsheet was made possible by Grant Number: 90EV0431 through the Administration on Children, Youth, and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the National Latino Network a project of Casa de Esperanza and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families.