



# Adversity, Trauma and Resilience

**This is my pledge – find opportunities through working collaboratively across the region to reduce risk factors for adversity and trauma**



I pledge to find opportunities through working collaboratively across the region to reduce risk factors for adversity and trauma and increase protective factors for children and young people aiming to give children the best start in life. and consider trauma informed care principles in my approach to supporting physical and mental health and wellbeing for children and young people.

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