

# Safe, Stable and Nurturing Relationships and Environments

- Promote optimal youth development—physically, socially and emotionally
- Promote resilience among individuals who have experiences of adversity
- Preventive of multiple forms of violence  
(Connecting the Dots, CDC and Prevention Institute, 2014)
- Preventive of adolescent substance use  
(National Institute on Drug Abuse, 2016)



# Safe

## **Safety:**

*The extent to which a child is free from fear and secure from physical or psychological harm within their social and physical environment*

(Essentials for Childhood, CDC, 2014)



# Stable

## **Stability:**

*The degree of predictability and consistency in a child's social, emotional and physical environment.*

(Essentials for Childhood, CDC, 2014)



# Nurturing

## **Nurturing:**

*The extent to which a parent or caregiver is available and able to sensitively and consistently respond to and meet the needs of their child*

(Essentials for Childhood, CDC, 2014)



# References

Centers for Disease Control and Prevention. (2014). Essentials for Childhood: Steps to Create Safe, Stable, Nurturing Relationships and Environments.

Articles and fact sheets can be found at:

<http://www.cdc.gov/violenceprevention/childmaltreatment/essentials.html>

National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services. (2016). Principles of Substance Abuse Prevention for Early Childhood: A Research-Based Guide.

Wilkins, N., Tsao, B., Hertz, M., Davis, R., Kleven, J. (2014). Connecting the Dots: An Overview of the Links Among Multiple Forms of Violence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention Oakland, CA: Prevention Institute.