

The Role of Social Connectedness on the Well-being of Refugee Children: A Systematic Review

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Abstract:

In the context of global conflict and displacement, millions of child refugees face trauma and profound instability, which makes them particularly vulnerable to long-term developmental challenges. Social connections, the dependable sense of belonging and support within social networks, are crucial, non-clinical factors that contribute to resilience and adaptation. While existing literature confirms that social ties serve as fundamental protective factors against psychological distress, this review highlights a significant research gap regarding the interconnected and cumulative effects of these networks. Specifically, it addresses how support in one area can compensate for deficiencies in another. This systematic review, conducted in accordance with PRISMA guidelines, aims to synthesize empirical evidence to clarify the multifaceted role of connectedness across four key domains: family, peers, community, and refugees' associations in promoting well-being.

The synthesis revealed that social connectedness operates across four distinct yet interconnected domains, each serving specialized roles. Family ties are crucial for emotional security and play a significant role in mitigating post-traumatic stress. Peer relations are vital for building self-efficacy, confidence, and a sense of belonging, particularly in school environments. Community integration acts as an essential compensatory network, providing access to resources and services, promoting a sense of agency, and enhancing overall adaptive capacity when family resources are strained. Lastly, refugee associations and structured communal support offer necessary organizational stability, cultural validation, and a valuable link to formal services, host government institutions, and NGOs.

The review finds that social connectedness is the key non-clinical strategy for enhancing the well-being of child refugees. Policies should focus on a relational, asset-based approach to strengthen social pillars, empowering children to thrive beyond mere survival.

Introduction:

In the context of protracted conflicts and forced displacement, millions of children are exposed to violence, family separation, and loss of social structures fundamental to their psychological and physical development. Social connectedness, defined as the perception of belonging, trust, reciprocity, and emotional closeness within social networks, has increasingly been recognized as a determinant of resilience and recovery among displaced populations. For refugee children, whose early environments are often characterized by instability and trauma, connectedness can provide both emotional security and a foundation for adaptation in host societies.

A growing body of literature demonstrates that connectedness within families, peer groups, and communities contributes substantially to children's mental health, life satisfaction, and social integration (Habib et al., 2020; Emerson et al., 2022; Tiilikainen et al., 2023). Across diverse resettlement contexts, family connectedness emerges as one of the strongest protective factors for child well-being. Tiilikainen et al. (2023) found that unaccompanied minors in Finland, Norway, and Scotland relied on family-like relationships, reciprocal, trusted connections that substituted for biological kinship, to meet emotional needs and construct meaning in their new social environments. Similarly, Xiong et al. (2021) reported that family and community networks among Hmong, Somali, and Syrian refugees served as key sources of social support, a sense of belonging, and moral guidance, with the extended family often functioning as a surrogate welfare system. Eltanamly et al. (2025) observed that Syrian children separated from their fathers displayed higher stress, attachment difficulties, and reduced well-being compared to those living with both parents. Longitudinal studies further indicate reciprocal influences within refugee families. In Sweden, children's educational achievements and reciprocal acts of care were found to alleviate parental stress, whereas parent-child conflict and acculturative strain exacerbated emotional distress (Bergnehr, 2018). In Australia, McMichael et al. (2011) found that while families offered emotional protection, instability and changing household compositions during resettlement could also heighten stress. Beyond family structures, peer relationships play an equally critical role in shaping refugee children's psychosocial outcomes. Schools represent one of the first and most consistent points of social participation for resettled children, providing both educational opportunities and an environment for relationship building. Quantitative studies from Canada, Australia, and Europe consistently highlight that positive school climates, peer belonging, and adult support at school are linked with better emotional health outcomes such as optimism, self-concept, and life satisfaction (Tozer et al., 2018; Borraccino et al., 2020; Emerson et al., 2022). In a sample of over 4,000 Syrian working children in Lebanon, Habib et al. (2020) found that social cohesion, measured through friendship ties and neighbourhood participation, was inversely associated with loneliness and poor self-rated health. Likewise, Zwi et al. (2018) demonstrated that among recently arrived refugee children in Australia, factors such as the presence of fathers, stable family environments, and supportive school contexts predicted normal social-emotional well-being. Refugee youth who felt a strong sense of school membership exhibited lower psychological distress and higher subjective well-being (Tozer et al., 2018). Additionally, Palaiologou & Prekate, (2023) indicated that for Syrian, Afghan, and Iranian adolescents living

in refugee centers in Greece, attending school was a crucial source of stability, identity, and hope, helping mitigate trauma from past experiences of war and displacement.

Social connectedness also extends beyond peers and family into broader community relationships that facilitate integration and resilience. Studies in Australia, Belgium, and Lebanon have identified that neighborhood attachment, participation in community groups, and social cohesion are strongly associated with optimism, self-efficacy, and general well-being (Habib et al., 2020; Huysmans et al., 2021; Riordan & Claudio, 2022). Moreover, Riordan & Claudio, (2022), highlighted how African refugee youth in Brisbane experienced improved well-being through active participation in educational and community initiatives, viewing themselves as agents of change who contribute to both personal and collective progress. Similarly, (Riggs et al., 2024) found that children of refugee background reported particularly strong resilience in community and school domains, despite lower scores in family-related measures, indicating that community networks can compensate for family vulnerabilities. In Lebanon, a participatory mapping study revealed that family and community nodes were among the most highly connected elements in displaced children's social networks, with over 70% of children seeking help from family and neighbourhood connections (Jain et al., 2025). These results underscore that peer, family, and communal belonging are powerful determinants of psychosocial and physical recovery, operating as a form of social capital that enhances access to resources, emotional support, and coping strategies.

At the same time, the diversity and quality of social support networks among refugee minors influence their capacity to adapt and cope with stress. Research among unaccompanied minors in Germany revealed that youth without family contact received lower levels of peer and mentor support and consequently faced higher risks of depression, anxiety, and post-traumatic stress (Sierau et al., 2019). In Norway, Keles & Oppedal, (2022) demonstrated that collectivist values and related self-construal emphasizing interdependence and mutual support predicted higher perceived friend support among young refugees, suggesting that cultural orientations toward connectedness may protect against isolation. Behrendt et al., (2022) traced the evolving networks of unaccompanied minors in Belgium over two years, revealing that informal ties with peers and volunteers were often more emotionally supportive than formal institutional relationships. Complementary evidence from Canada and Australia during the COVID-19 pandemic shows that community networks and service collaboration mitigated stress caused by isolation and service disruption (Al-Janaideh et al., 2023; Kasherwa et al., 2025). Beyond conventional networks, Greene. (2019) identified cultural brokers, individuals bridging linguistic and cultural gaps, as crucial intermediaries in refugee adaptation. Foka et

al. (2021) conducted a quasi-randomized trial of the Strengths for the Journey program in Greek refugee camps, demonstrating significant improvements in well-being, optimism, and self-esteem alongside reduced depressive symptoms. McDermott et al. (2012) similarly found that children with high connectedness were four times less likely to experience severe post-traumatic stress symptoms following a cyclone disaster, underscoring connectedness as a key vulnerability factor in post-trauma contexts. In Turkey, Kuru et al. (2023) found that preschool children with higher social skills and supportive family environments displayed stronger resilience, with parental education and time spent in camps moderating this relationship. Longitudinal studies of refugee youth in Australia and Sweden also suggest that cumulative protective factors, particularly stable family presence and supportive social environments, predict normal psychological functioning and positive adjustment over time (Almqvist & Broberg, 1999; Zwi et al., 2018). Kasherwa et al. (2025) emphasized that social networks and help-seeking behaviours among African refugee families in Australia are deeply influenced by historical trauma, cultural expectations, and digital relationships, revealing both protective and constraining effects. Similarly, qualitative evidence from (Huysmans et al., 2021) indicated that accompanied refugee minors in Belgium often possess fragile, homogeneous networks centered on parents, with limited ties to the broader host society. Furthermore, studies of unaccompanied minors transitioning out of foster care reveal that maintaining community engagement and relational continuity is crucial for long-term stability and independence (Evans et al., 2022). Collectively, this literature reinforces that the quality, inclusiveness, and sustainability of social ties are as critical as their presence, determining whether connectedness leads to resilience or reinforces marginalization.

Despite robust evidence linking social connectedness with refugee children's well-being, significant knowledge gaps persist. First, most empirical studies originate from 1951 signatories and are from high-income countries with established welfare systems such as Australia, Canada, Norway, and the United Kingdom. There remains a limited understanding of how connectedness operates in non-signatories, low- and middle-income countries, where institutional support and legal protections for refugees are weaker or even not available. Second, while peer, Family, and community connectedness have each been studied extensively, few investigations explore their interrelated and cumulative effects on well-being. Understanding how these domains interact is essential for developing holistic interventions. Finally, there is a lack of integration between psychological, sociological, and public health frameworks, which could collectively explain how relational, structural, and policy-level factors influence refugee child well-being.

Given these gaps, the present review aims to synthesize and critically analyze the role of social connectedness in shaping the well-being of child refugees, drawing on evidence from thirty international studies across multiple contexts. By integrating findings from family, peer, and community domains, this review seeks to identify the key mechanisms through which connectedness enhances resilience, emotional health, and adaptation. The study contributes to ongoing debates in refugee health research by highlighting social connectedness as a relational determinant of well-being, emphasizing its potential as an actionable focus for policy and intervention. Ultimately, understanding how children form and sustain meaningful social relationships after forced migration can inform more inclusive and context-sensitive approaches to promoting psychosocial health among displaced populations worldwide.

Methodology

The present study is a systematic review conducted in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines and recommendations.

Eligibility Criteria:

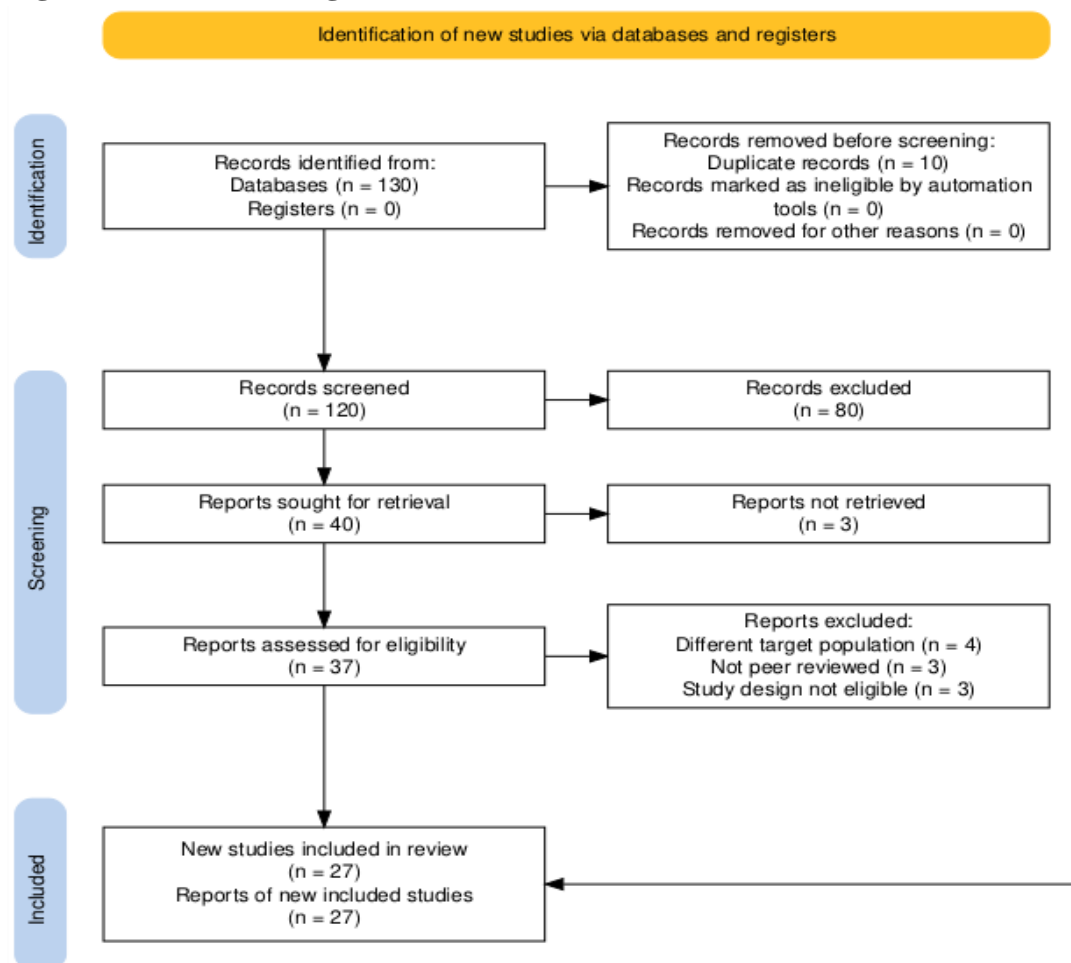
The author established specific inclusion criteria for selecting studies to be reviewed. Articles were included if they met the following conditions:

1. The study was peer-reviewed.
2. It was published in Scopus-indexed or open-access journals.
3. The article was written in English.
4. The target population included immigrants, displaced populations, or refugees.
5. The study focused on refugee health, with particular attention to child refugee health.
6. The publication date was after 1999.

Source and Strategy for Research

We conducted a systematic literature search using the SciSpace application and selected the most recent studies, along with relevant research from three major electronic databases: PubMed, Google Scholar, and the Web of Science. The searches were conducted between September and October 2025, following a predefined strategy that combined the following keywords: (Social ties OR Sense of belonging OR Sense of community) AND (Immigrants OR Migrant OR Migrants OR Refugee OR Refugees) AND (Well-being OR health). This approach aimed to identify studies that examine the role of social connections, specifically peer relationships, family bonds, refugee associations, and community engagement, in influencing the well-being of refugee children. Detailed information about the electronic search strategy is provided in the diagram below.

Figure#1: PRISMA diagram.



A total of 130 records were initially identified through database searches. After removing 10 duplicate entries, 120 records progressed to the screening stage. During this process, 80 records were excluded because they did not meet the predefined inclusion criteria. Of the 40 records retrieved for full-text assessment, two could not be accessed, leaving 38 reports eligible for detailed evaluation. Among these, 10 were excluded for specific reasons: four were focused on a different target population, three were not peer-reviewed, and three had different study designs. Ultimately, 27 studies met all inclusion criteria and were included in the final review.

Figure #2: Authors name, year, sampling size and method, scale of study and population.

List of resources with thier features							
	Author (s)	Year	Samping Method	Sampling Size	Analysis	Scale of Stuy	Type of Publication
1	Tiilikainen, M., Fylkesnes, M. K., & McGregor, S. A	2023	Interview	51	thematic analysis using Braun and	International	Journal article
2	Habib, Rima. R., El-Harakeh, A., Ziadee, M., Abi Younes, E., & El Asmar, K.	2020	face-to-face interviews with children, using a questionnaire	4090	Logistic regressions	Rural area	Journal article
3	Emerson, S. D., Gagné Petteni, M., Guhn, M., Oberle, E., Georgiades, K., Milbrath, C., Janus, M., Schonert-Reichl, K. A., & Gadermann, A. M.	2022	Secondry	682	Regression analyses	Citywide	Journal article
4	Tozer, M., Khawaja, N. G., & Schweitzer, R	2018	questionnaires	93	Hierarchical multiple regression analyses	Citywide	Journal article
5	Huysmans, M., Lambotte, D., Muls, J., Vanhee, J., Meurs, P., & Verté, D.	2021	interview	25	NA	Citywide	Journal article
6	Eltanamy, H., May, A., McEwen, F., Karam, E., & Pluess, M	2025	NA	1544	Structural equation model	Nationwide	Journal article
7	Zwi, K., Woodland, L., Williams, K., Palasanthiran, P., Rungan, S., Jaffe, A., &	2018	Strengths and Difficulties Questionnaire	43	longitudinal study	Nationwide	Journal article
8	Foka, S., Hadfield, K., Pluess, M., & Mareschal, I	2021	Survey	72	ANOVA	Citywide	Journal article
9	Kasherwa, A., Lenette, C., & Fernandez, E	2025	interviews	24	thematic analysis	Citywide	Journal article
10	Kuru, N., Ungar, M., & Akman, B	2023	NA	526	NA	Nationwide	Journal article
11	Greene, R. N.	2019	interviews	290	thematic analysis	International	Journal article
12	Keles, S., & Oppedal, B	2022	self-report questionnaire	611	structural equation analyses	Nationwide	Journal article
13	Riggs, E., Gartland, D., Szwarc, J., Stow, M., Paxton, G., & Brown, S. J	2024	Child Resilience Questionnaire	1132	cobit regression model	Citywide	Journal article
14	Sierau, S., Schneider, E., Nesterko, Y., & Glaesmer, H	2019	questionnaire	105	NA	Citywide	Journal article
15	Tozer, M., Khawaja, N. G., & Schweitzer, R	2018	questionnaires	93	hierarchical multiple regression analyses	citywide	Journal article
16	Behrendt, M., Lietaert, I., & Derluyn, I	2022	interviews	35	thematic analysis	International	Journal article
17	Al-Janaideh, R., Abdulkarim, M., Speidel, R., Filippelli, J., Colasante, T., & Malti, T	2023	semi-structured interviews	10	Thematic analysis	Nationwide	Journal article
18	Borraccino, A., Berchiolla, P., Dalmasso, P., Sciannameo, V., Vieno, A., Lazzeri, G., Charrier, L., & Lemma, P	2020	NA	4790	Bayesian network analyses	Nationwide	Journal article
19	Riordan, T., & Claudio, F	2022	Interview	11	NA	Nationwide	Journal article
20	Palaiologou, N., & Prekate, V	2023	Interview	21	NA	Nationwide	Journal article
21	Evans, K., Pardue-Kim, M., Foster, R., & Ferguson, H	2022	Survey	30	NA	Nationwide	Journal article
22	Xiong, Z. B., Her, M., Kira, M., Belgrade, A. J., Pattipati, M. A., Xiong, G. N., Miller, H., & Lee, F	2021	Interview	40	thematic analysis	Nationwide	Journal article
23	Almqvist, K., & Broberg, A. G	1999	Interview	39	multiple and logistic regression analyses.	Nationwide	Journal article
24	Bergnehr, D	2018	Interview	34	person's description	Nationwide	Journal article
25	Jain, T., Cooper, L., Khauli, N., Pike, K., Khoury, B., & Hermosilla, S	2025	Interview	42	NA	Nationwide	Journal article
26	McDermott, B., Berry, H., & Cobham, V	2012	Survey	804	NA	Nationwide	Journal article
27	McMichael, C., Gifford, S. M., & Correa-Velez, I	2011	in-depth interviews, questionnaire	120	NA	Nationwide	Journal article

Results and Discussion

Social connectedness, characterized by feelings of belonging, trust, reciprocity, and emotional intimacy within social networks, serves as an essential, multifaceted factor in fostering resilience and recovery among displaced individuals. A comprehensive review of existing literature consistently highlights its role as a protective element that mediates the impact of trauma experienced before migration and stressors encountered after resettlement.

The overall well-being of child refugees cannot be attributed to a single element, but rather hinges on the strength, stability, and quality of their relationships throughout their entire ecological framework. This review structures its findings around four crucial areas of connection: Family Ties, which offer fundamental emotional security; Peer Relations, which enhance social adjustment and a sense of belonging in unfamiliar settings; Community Integration, which enhances adaptive capacity and enables access to resources within the host society; and Refugee Associations and Structured Communal Support, which provide organized connections to services and cultural continuity.

1. Peer Relations

Peer relationships and friendship networks constitute a vital domain of social capital, contributing significantly to emotional health and integration outside the family unit.

- Emotional well-being and subjective happiness: Having positive relationships with peers and feeling a strong sense of belonging among peers in the school setting are regularly linked to improved emotional health results.(Emerson et al., 2022).These connections are linked to higher levels of optimism, self-concept, and life satisfaction (Emerson et al., 2022; Tozer et al., 2018). Additionally, a nurturing school environment is separately linked to beneficial emotional health results for children of both first and second-generation refugees (Emerson et al., 2022).
- Protection from Isolation and Distress: Social cohesion, which can be partially assessed through friendship connections, was discovered to have an inverse relationship with feelings of loneliness and negative self-rated health among Syrian refugee working children residing in informal settlements in Lebanon (Habib et al., 2020). For children newly arrived in Australia, a strong supportive school context was a key predictor of normal social-emotional well-being (Zwi et al., 2018).
- Cultural and Institutional Contexts: For unaccompanied young refugees in Norway, a cultural orientation that prioritizes collectivist values, which highlight interdependence, was associated with a greater perception of social support from peers (Keles & Oppedal, 2022). For unaccompanied minors transitioning out of foster care, maintaining community engagement and continuity in their social relationships is crucial for long-term stability (Evans et al., 2022).

2. Family Ties

Family connectedness is identified as the single most crucial protective factor, providing the foundational emotional security necessary for resilience and long-term adjustment in host countries (McMichael et al., 2011; Xiong et al., 2021).

- **Emotional Security and Stability:** The family unit serves as the primary source of social support, moral guidance, and a sense of belonging (McMichael et al., 2011; Tiilikainen et al., 2023; Xiong et al., 2021). The unity within a family and a secure environment are reliable indicators of healthy psychological functioning and improved social adaptation three and a half years after arrival (Almqvist & Broberg, 1999).
- **Protection against Psychological Distress:** High levels of family connectedness have been found to be protective against the development of severe post-traumatic stress symptoms in children following mass traumatic events (McDermott et al., 2012). Preschool children with greater social skills and supportive family environments demonstrated stronger resilience (Kuru et al., 2023).
- **Impact of Separation:** The lack or interruption of family connections greatly increases susceptibility. Syrian children who faced separation from their fathers exhibited higher levels of stress, challenges with attachment, and decreased overall well-being (Eltanamly et al., 2025). Similarly, the lack of family contact for unaccompanied minors is associated with increased levels of depression, anxiety, and post-traumatic stress due to lower access to social support (Sierau et al., 2019).
- **Reciprocity and Strain:** The impact of well-being in the family is mutual. It was discovered that children's adaptation and their effects on family dynamics, including their academic success, helped to reduce the acculturative stress experienced by their parents (Bergnehr, 2018). Conversely, difficulties within the family, such as conflict or instability during resettlement, can exacerbate emotional distress (McMichael et al., 2011).
- **Family-like Relationships:** In countries such as Finland, Norway, and Scotland, young refugees depended on familial-like connections with non-related adults to meet their needs for emotional intimacy and stability, especially in cases where biological family relationships were either absent or significantly troubled (Tiilikainen et al., 2023).

3. Community Integration

Connections with the local host society and the wider community networks are essential for securing resources, building a new sense of identity, and fostering long-term resilience (Greene, 2019; Tozer et al., 2018).

- **Well-being and Agency:** The connection between community involvement and a sense of belonging to a neighborhood is closely associated with heightened optimism, self-confidence, and overall well-being in refugee youth (Tozer et al., 2018). African refugee youth in Australia found that engaging in community groups and developing a sense of personal and community agency were directly linked to enhanced well-being (Riordan & Claudio, 2022).
- **Resource Access and Resilience:** Community networks serve as critical links to necessary resources, services, and opportunities (Al-Janaideh et al., 2023; Greene, 2019). In displacement contexts, community nodes (neighbours and friends) are among the most frequently cited sources when children seek help for health or well-being needs (Jain et al., 2025).
- **Reducing Isolation and Structural Challenges:** Partnership between service providers and community networks successfully alleviated the stress and feelings of isolation faced by resettled Syrian families in Canada (Al-Janaideh et al., 2023). However, studies also indicate that refugee minors in urban Belgium usually have weak and uniform networks focused around their parents, featuring minimal connections to the wider host community, which underscores an obstacle to genuine integration (Huysmans et al., 2021).
- **Compensation for Family Weakness:** Community resilience and the presence of social support systems can compensate for vulnerabilities within the family unit (Riggs et al., 2024).

4. Refugee Associations (and Structured Communal Support)

Structured or formal communal support, often provided by non-governmental organizations, service providers, or formal refugee associations, is critical for filling gaps in support and facilitating collective well-being (Foka et al., 2021; Greene, 2019). These associations organize cultural and traditional festivals, short-term language courses, and other activities that help refugees to access services and facilities.

- **Programmatic and Mental Health Support:** Organized interventions based on positive psychology, conducted in group environments like those in Greek refugee camps,

showed the promise of notably enhancing the well-being, optimism, and self-esteem of refugee children, while also diminishing symptoms of depression (Foka et al., 2021).

- **Continuity of Care for Unaccompanied Alien Minors (UAMs):** For unaccompanied refugee minors, the supportive network, or "convoy of social relations," encompasses the ongoing assistance from professional caregivers and non-relatives, which is crucial for emotional stability and effective adjustment (Behrendt et al., 2022). Service providers, alongside kinship and friendship ties, form a critical part of the supportive network for newly resettled refugees (Greene, 2019).
- **Stability and Identity:** Refugee Associations and other communal institutions provide a source of stability, identity, and hope, which is instrumental in mitigating the long-term psychosocial effects of displacement and war for refugee adolescents (Palaiologou & Prekate, 2023). Particularly, these associations in India play critical roles between the United Nations High Commissioner for Refugees (UNHCR) and refugees, in terms of organizing cultural ceremonies.
- **Culturally Informed Help-Seeking:** The design of communal and service support systems must be sensitive to cultural factors, as the social networks and help-seeking experiences of refugee children are profoundly influenced by cultural expectations and historical trauma (Kasherwa et al., 2025). For instance, among Afghan refugee families in Delhi, mothers often prefer to seek advice about their children's health from community members, either local or refugees, before approaching formal healthcare providers. This pattern reflects cultural expectations around modesty, gender roles, and trust, shaped by past experiences of discrimination and trauma in their home country. Therefore, designing community health programs that include trusted community mediators or culturally familiar health workers can make families feel more comfortable seeking professional help when needed

Discussion

The comprehensive review of existing research clearly indicates that social connectedness serves as a crucial relational factor influencing the well-being of child refugees. The primary conclusion is that social relationships are not just passive forms of support; they are active, dynamic networks that provide emotional safety, assist with integration, and act as significant buffers against the psychological impacts of trauma and displacement. The findings emphasize that family connectedness is fundamental, laying the essential psychological groundwork needed for a child's stability and participation in the host community. However, the results also reveal the vulnerabilities that come with this structure, especially in the

aftermath of family separation or instability during the challenging resettlement process. When the familial support system is compromised, the responsibility for support significantly transitions to peer and community relationships. This shift demonstrates the vital compensatory function of external connections: a nurturing school environment or an involved host community can effectively alleviate the effects of family-related vulnerabilities and trauma, fostering optimism and a sense of self-efficacy. An important takeaway is the necessity to progress beyond mere acknowledgment to a focus on intentional relational capacity development. The effectiveness of interventions, whether they are formal programs or informal groups, is wholly dependent on their capacity to cultivate a true sense of belonging, collective agency, and consistent care.

The review also highlights major gaps in knowledge. The most urgent issue is the insufficient investigation into the interconnected and cumulative impacts of the four areas of connectedness. It is essential to comprehend how resilience emerges at the intersection of these systems—for example, how involvement in a refugee association strengthens peer support and aids in broader community integration. Additionally, the strong emphasis on studies conducted in affluent Western nations restricts the applicability of these findings. To genuinely influence global policy, future research must collect evidence from low- and middle-income countries, where the majority of displaced children reside and formal support systems operate differently. In the end, the collective evidence clearly indicates that policy and program interventions need to transition from merely focusing on pathology to actively enhancing and maintaining these social connections. This entails prioritizing family reunification, making substantial investments in school-based support initiatives, and financing community-led programs that foster connections between displaced populations and the host community.

Conclusion

Social connectedness, seen through the critical aspects of family relationships, friendships, community involvement, and refugee networks, is ultimately the most important non-clinical factor influencing well-being and adjustment for child refugees. Research indicates that family relationships lay a fundamental emotional and psychological groundwork; friendships encourage self-assurance, a sense of belonging, and effective adaptation within a social environment; community involvement enhances self-efficacy, allows access to resources, and serves as an essential support network; and refugee networks offer important stability, cultural affirmation, and organized connections to formal services. Consequently, efficient support for child refugees needs to embrace a relational, asset-focused strategy that goes beyond a focus on problems, intentionally enhancing the quality, inclusiveness, and long-

term viability of these four interrelated social foundations to enable children to heal from trauma and successfully thrive in their new communities.

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