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Strategies to Build Resiliency

Resiliency is the ability to bounce back from adversity and the process of managing stress and functioning well even when faced with challenges, adversity and trauma

For each factor below, there is space to write down examples of what you already do, or new ideas for how you can build resiliency for youth and/or for yourself. For youth, think about a young person you would like to help make stronger and which of these areas might be most important to them. For yourself, think about the relationships or experiences you have had that helped you in the face of challenges in your life, or what could you do differently to build your own resiliency.

Caring Relationships - Youth have a relationship with someone who conveys compassion, respect, empathy, interest, encouragement, and connecting with others.

Meaningful Participation - Allowing young people to have a voice and speak up for what they need. Don't do *for*, do *with* them.

High Expectations - Messages of high expectations convey a belief in the youth's abilities (may need to have support in place). Look for strengths. Provide clear limits and consequences (even with trauma impacted students).

Mastery Experiences - Tap into their strengths and care about what they are good at.

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“Real Talk” - Take your conversation to a deeper level. Talk about what interests them, engage their opinions.

Creative Expression - Tap into their talents with art, music, imagination, building things.

Service to Others - Provide opportunities to help others out. Kids love to give back to the community.

Culture Identity - Provide opportunities to learn about their own culture. Allow students to be seen, to be heard, to be empowered. Need to understand how they fit into this community.