



# Building Resilience

HELP YOUR STUDENTS PREPARE FOR THE WORLD BY HELPING THEM BUILD RESILIENCE. BY BEING HELPING STUDENTS ADAPT AND RISE ABOVE ADVERSITY, THEY WILL DEVELOP IMPORTANT COPING AND RESILIENCY SKILLS

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## 1. CONFIDENCE

allows teenagers to take more chances that will help them learn about themselves. It helps them rebound from failure and see it as an opportunity for growth

How-to: authentically noticing effort, nurturing and supporting skill development

## 3. CONTRIBUTION

allows teenagers to make a difference and provides a sense of meaning and purpose

How-to: give students the opportunity to contribute to solutions, listen to students' problems, model generosity, empathy, and compassion

## 5. CONNECTION

allows teenagers to reach out to others in times of happy and difficult experiences

How-to: encourage social and school engagement, listen respectfully and with empathy

## 2. CHARACTER

allows teenagers to choose to do the right thing even when nobody is watching. It helps them develop a strong sense of self and be secure in healthy relationships

How-to: model positive character traits and do the right thing, recognize students' efforts and not solely the results

## 4. COMPETENCE

allows teenagers to make wise, informed decisions through acquired skill sets (communication, negotiation, etc)

How-to: teach and model skill sets, help students work through problems, talk to students and not at them

## 6. COPING


allows teenagers to make healthier decisions during stressful experiences

How-to: support and model positive coping methods, discourage quick-fix solutions

## 7. CONTROL

allows teenagers to understand that they have an active say in their lives and gives them hope for recovery during difficult times

How-to: allow students to demonstrate responsibility in order to earn privileges, show that actions lead to consequences



**HELP YOUR STUDENTS REDUCE THE IMPACT OF STRESS:**



**TURN BIG WAVES INTO SMALL RIPPLES**