

Resilience



**"I HAVE NOT FAILED.
I'VE JUST FOUND
10,000 WAYS THAT
WON'T WORK."**

Thomas A. Edison

Aims

- What is resilience?
 - Why do young people need resilience?
 - How do our young people develop it?
 - How can you help?
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Resilience

Resilience is the ability to 'bounce back' during or after difficult times and get back to feeling as good as before.

Why do our young people need resilience?

All pre-teens and teenagers face everyday challenges like arguments with friends, disappointing test results or sporting losses.

Your child needs resilience to bounce back and learn from these challenges.



All teenagers can build resilience, by developing:

Personal attitudes like self-respect and self-compassion

Self-respect grows out of setting standards for behaviour.

If your child has self-respect, your child believes that they matter and should be treated respectfully by others.

Your child is also more likely to protect themselves by avoiding risky behaviour and situations.

A strong sense of self-respect will also help your child be less vulnerable to bullies and bullying.

With self-compassion, your child might be able to say to themselves, 'It's OK, I've tried my best' or 'I'll keep practising and try again'.

Empathy, respect for others, kindness, fairness, honesty and cooperation are also linked to resilience.

If your child shows these attitudes and behaviour towards others, they're more likely to get a positive response in return. This helps your child feel good about themselves.



Social skills

Social skills are another important building block for resilience. They include skills for making and keeping friends, sorting out conflict, and working well in teams or groups.

When your child has good relationships at school and gets involved in community groups, sports teams or arts activities, they have more chances to develop connections and a sense of belonging.

These social connections also mean that your child will probably have more people they trust when they want to talk about things that worry or upset them.

Positive thinking habits

Resilience is about being realistic, thinking rationally, looking on the bright side, finding the positives, expecting things to go well and moving forward, even when things seem bad.

Skills for getting things done.

Feeling confident, capable and ready to get things done are big parts of resilience



Simple strategies for your child to use for turning low moods into better ones.

Here are some ideas:

- Do things they enjoy or that help them relax, like watching something funny on YouTube or reading a good book.
- Spending time with friends or support people.
- Do something kind for someone else – for example, carrying the grocery shopping in from the car.
- Do some physical activity, like playing sport or going for a vigorous walk.

Your support is also a key building block for your child's resilience.



How can learn to increase your child's resilience by:

Helping them to get a sense of perspective

While something may feel very immediate and intense the moment it happens, it's really helpful to try and make your child take a broader view.

Ask them how they will feel about the thing that's upsetting them in a week, a month or a year?



How can learn to increase your emotional resilience by:

Practising positivity



When your child is upset, you can help them keep things in perspective by focusing on facts and reality.

You can also help your child understand that a bad thing in one part of their life doesn't mean everything is bad.

Working with your child on problem-solving strategies can help your child feel they have the power to deal with difficult situations and get through challenging times.

It is also important for your child to feel, talk through and calm down after difficult emotions like anxiety, fear and anger.

How can learn to increase your emotional resilience by:

Make them feel confident

- You can foster these skills in your child by helping your child **work out their specific strengths**. Then you can encourage your child to set goals that put their strengths into action, and that help your child to focus on what they're good at.
- Supporting your child to take on new responsibilities is a great way to build your child's confidence and sense of what they can do.



Summary

[Kids talk... Resilience - Bing video](#)

What is resilience?

Why do young people need resilience?

How do our young people develop it?

How can you help?