



/ RECOGNIZE

Definition of resiliency: the ability to withstand and succeed despite harmful environmental influences such as poverty, fractured family relationships or negative peer pressure

- It's the ability to "bounce back" from the tough things in life and not be pulled under by them.
- One of the biggest determining factors in whether a kid makes it through tough times is how resilient they are, and it can be developed.
- We may not be able to remove kids from unhealthy situations but we can help them become people that are not consumed by them.

/// RESPOND

Resiliency needs to be nurtured and developed. Think about how to intentionally build the following skills and traits into the kids you know.

Internal Factors:

1. **Relational abilities**—Being able to make and keep relationships is a skill. Model and build their flexibility, empathy, caring, sense of humour, listening and communication skills,.
2. **Problem solving skills**—Solve problems with them not for them. Invite them to watch you navigate through tough stuff.
3. **Positive Values**—Self-discipline, responsibility, justice, compassion, honesty and restraint; point these out in the people they respect around them.
4. **Sense of personal identity**— Everyone wears labels. Notice the ones that are lies and replace them with truth about who they are. They need to see themselves as unique, interesting and valued.
5. **Hope for the future**— A sense of purpose in the world that goes beyond a vocation is vital. They need to know they have something to contribute to the world.
6. **Spiritual identity**— According to research, kids who have found their value through a personal faith just do better.

External Factors: The environment we offer kids can also make a huge difference in developing resiliency. Strengthening happens in spaces that provide connectedness, positive involvement, and positive expectations mixed with clear boundaries.

// REMEMBER

Spiritual resiliency is also something we can be intentional about building in young people—the ability to thrive spiritually despite challenges. According to Hemorrhaging Faith, faith that remains comes from:

1. **Encounters with a tangible God/ a felt God-** noticing answered prayer; experiencing God's love
2. **A sense of belonging to a vibrant faith community-** Seeing faith with feet on in responding to needs; Journeying together by inviting them to join with us in our faith journey, rather than supervising them in learning to behave or believe like Christians
3. **Having empowering teaching and beliefs-** Focused on formation not just information. Addressing tough questions without needing to have all the answers. Emphasizing what God is inviting them to be part of in life, not what they need to avoid.
4. **Having parents engaged in faith with them**

//// RESOURCES

www.search-institute.org — Practical ideas for developing 30 assets that have been found to increase resiliency in young people. Kids with at least 26 of these assets are 15 times less likely to engage in risky behaviours. Check out the Developmental Relationship Framework for research based ideas on building resiliency through your relationships with teens.

www.hemorrhagingfaith.com—Research on Canadian young people and factors that impact the resiliency of their faith.

www.theresiliencedoughnut.com.au – Information to help you understand resiliency and create environments where it can flourish.