

# RESILIENCY Building in schools

Resiliency for students— the power or ability to rise above a difficult experience. As educators, we are uniquely positioned and able to help make that happen.

## **Caring Relationships**

Caring relationships convey compassion, understanding, respect and interest. Components: active listening, being interested, validating feelings. Get to know their interests, strengths, concerns, and challenges.

## **High Expectations**

High expectations— with support. Firm guidance, structure, and challenge WITH conveying the message you have faith in their ability, strengths, and assets.

## **Opportunities To Contribute**

Create opportunities for students to contribute— give them responsibilities and a voice in making decisions. Service to the community and helping others are excellent ways to contribute.

## **Real Talk**

Provide opportunity for students to talk about real issues. Adults— listen, control the drama, but do not lecture or turn it into a “teachable moment.” Guide, but don’t direct the conversation.

## **Mastery Experiences**

Youth—and adults—need experiences where they are good at something. Find what you’re good at and do more of it.

## **Creative Expression**

Art, music, writing, and other forms of creative expression provide powerful protective factors, especially to those growing up with multiple challenges.

## **Cultural Identity**

Give students the permission to be authentic and real— to be seen, understood, and accepted.

## **Teacher Resilience**

Teachers capture their own resilience by staying connected to their purpose for teaching— sharing their mastery with students, having supportive relationships with colleagues, and being heard and understood.