



Dr. Wiffington offers his peers proof that for most teenagers, it does go in one ear and out the other.



Building Resilience in Kids & Teens



What is "Resilience"?

- ✓ It can be learned
- ✓ Capacity to adapt well to trauma and adversity
- ✓ Bouncing back



Why do kids & teens need resilience?

- ✓ Makes them stronger
- ✓ Better able to cope with life's problems
- ✓ Helps them manage during tough times

How can kids & teens learn resilience?

- ✓ Skills and strategies to strengthen resilience
- ✓ Learn at home and school
- ✓ No one right way or single path

Resilience Begins at Home

- ✓ Create a strong bond
- ✓ Provide a caring and supportive relationship
- ✓ Show love and trust

Resilience Begins at Home

- ✓ Give encouragement and reassurance
- ✓ Be a resilient role model

10 Ways of Building Resilience in Kids & Teens

- ✓ Help your child by having him or her help others
- ✓ Make Connections

Real-Life Resilience Lessons

Your daughter sits alone - intensely playing with a handheld video game in the park and doesn't reply when some kids having fun and laughing while playing in a tree say hello and encourage her to join them.



10 Ways of Building Resilience in Kids & Teens

- ✓ Maintain a daily routine
- ✓ Look for opportunities of self discovery

Real-Life Resilience Lessons

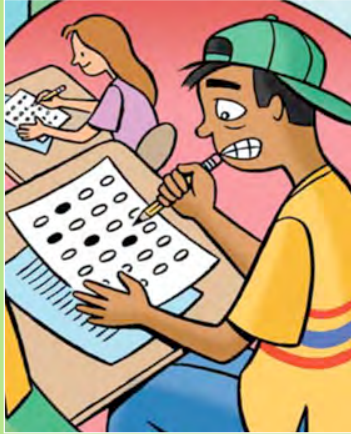


There is a big game coming up, and there is nothing your son wants more than to make a big showing on the field to prove he is an asset for the team.

10 Ways of Building Resilience in Kids & Teens

- ✓ Take a break
- ✓ Teach your child self-care

Real-Life Resilience Lessons



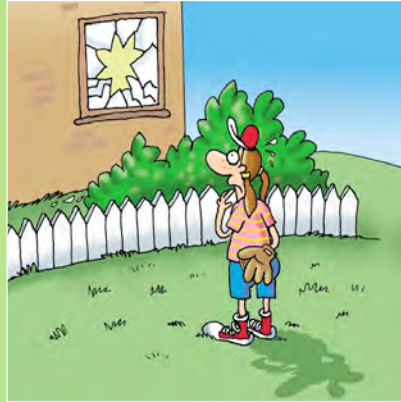
Your teen is stressed because he has to take an important test that will determine what colleges he will be able to get into.

10 Ways of Building Resilience in Kids & Teens

- ✓ Accept that change is part of living
- ✓ Nurture a positive self view

Real-Life Resilience Lessons

While playing softball, your daughter and her friends broke a neighbor's window. She insists that she wasn't the one responsible and that one of her friends threw the ball too far.



10 Ways of Building Resilience in Kids & Teens

- ✓ Move toward your goals
- ✓ Keep things in perspective and maintain a hopeful outlook

Real-Life Resilience Lessons

Your son is already anxious about starting middle school and meeting new people. To make matters worse, he tells you he is being bullied by another kid.



What does Resilience mean to Kids and Teens?

- ✓ Bouncing back from difficult experiences
- ✓ Helps us manage during tough times
- ✓ Makes us stronger



Resilience and Pre-Schoolers

- ✓ Watch for signs of fear and anxiety they may not be able to verbalize
- ✓ Encourage play to help them express feelings
- ✓ Use your family like a security blanket

Resilience and Elementary School Children

- ✓ Make them feel safe
- ✓ Answer questions honestly and simply with clear statements that leave no room for doubt
- ✓ Limit exposure to news and information

Resilience and Middle School Children

- ✓ Help them keep perspective
- ✓ Share your feelings
- ✓ Reinforce safety and security
- ✓ Enlist their help

Resilience and Teens

- ✓ Talk whenever you can; ask for their opinions and listen
- ✓ Make home a safe place emotionally
- ✓ Use news as a catalyst for discussion but don't allow it to overwhelm
- ✓ Recognize biological changes happening

Trauma & News



Handling Traumatic Events in the News

- ✓ Limit exposure
- ✓ Talk
- ✓ Use simple, direct words
- ✓ Encourage children to talk



Handling Traumatic Events in the News

- ✓ Reinforce ideas of safety and security
- ✓ Show children how they can help
- ✓ Provide soothing activities



Signs of Trouble



What are some signs a child isn't coping well?

Sleep problems;
change in appetite

Feeling depressed,
sad, low energy

Irritability, agitation,
anger, resentment


What are some signs a child isn't coping well?

Being on edge, easily
startled or overly alert

Feeling extremely
protective

Feeling scattered or
unable to focus

What are some signs a child isn't coping well?



Difficulty making decisions

Crying easily and spontaneously

Recurring thoughts or nightmares

Fostering Resilience in the Schools

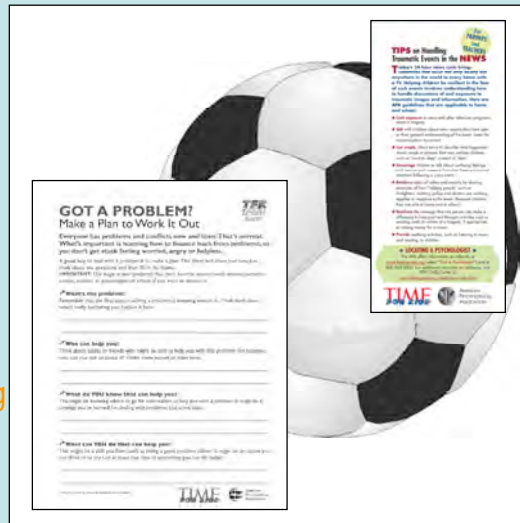
- ✓ Presentations for kids & teens
- ✓ Presentations for teachers
- ✓ Presentations for school groups

Resilience Resources

- Brochures
- Worksheets
- Fact sheets

More information:

www.APAHelpCenter.org



APA and Time for Kids Materials



- Time for Kids Extra provided to 2.5 million 4th-6th graders
- Teachers guide to 88,000 teachers

- September 2003



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