

RESILIENCE

Resilience is the ability to bounce back and move forward after challenging or stressful situations. For children, challenges and stressful situations can include:

Starting
at a new
school



Moving



Hard
times at
home



Being bullied



THERE IS HOPE!

Resilience protects children from Adverse Childhood Experiences (ACEs) by acting as a buffer against the negative effects of ACEs and giving children the tools to thrive in the face of adversity.

RESILIENT CHILDREN ARE MORE LIKELY TO BE:

Empathetic

Positive

Good communicators

Involved in activities

Problem solvers

Interested in school



A strong, positive relationship with a caring adult who provides safety and protection can build resilience in children.

YOU CAN BUILD RESILIENCE IN CHILDREN BY:

Recognizing
and
accepting
their
emotions



Using
problem
solving
instead of
punishment



Helping
them learn
how to set
and reach
goals



Scan to
learn more
about
Resilience!

