



Resiliency

What is it & Why
is it Important?

Resilience is the capacity to rise above the difficult circumstances, the trait that allows us to exist in this less-than-perfect world while moving forward with optimism and confidence.

Resilience is the ability to recover from setbacks; the quality of bouncing back. It is similar to buoyancy. When pushed under water, our bodies instinctively rise back up to the surface.

Resilient people are more successful because they push their limits and learn from their mistakes.



Is a public awareness and education campaign to build resilient youth in Addison County. Data from schools and organizations serving kids show low levels of resiliency among youth and a feeling of being undervalued in their communities. Counseling Services of Addison County, Addison County Parent Child Center, Building Bright Futures, the Vermont Department of Health, Vermont Department of Children and Families, all 3 school districts and many other groups and individuals are joining together and stepping up to change that. We believe that thriving communities and healthy families grow resilient kids.

Building Resilience using the 7 C's **Competence, Confidence, Connection, Character,** **Contribution, Coping, and Control**

Every C is a different layer or individual piece of a total approach to blanket your child with protection, while reinforcing their own strengths.

Themes throughout the Sessions:

- To be strong, children need unconditional love, absolute security, and a deep connection with at least one adult.
- Sometimes the best thing we can do to help children learn is to get out of their way.
- Children live up or down to adults' expectations of them.
- Listening to children attentively is more important than any words we can say.
- Nothing we say is as important as what children see us doing on a daily basis.
- Children can only take positive steps when they have the confidence to do so. They gain that confidence when they have solid reason to believe that they are competent.
- If children are to develop the strength to overcome challenges, they need to know that they can control what happens to them.
- Children with a wide range of positive coping strategies will be prepared to overcome stressors and will be far less likely to try many of the risk behaviors that we fear.

