

I AM RESILIENT

In the face of hardship, I bounce back.

I KNOW I AM **RESILIENT** BECAUSE...

I AM COMPETENT

I have experienced difficulties and I have the strength and courage to make good choices.



I AM CONFIDENT

I have the ability to try something new and practice it. I may not be great at everything, but I am not afraid to try.

I AM CONNECTED

I am connected to my family, my school, and my team. Teachers, coaches, friends and teammates care about me and I care about them. I do what I can to keep them safe and healthy.



I HAVE CHARACTER

I value kindness. I respect others opinions even when they are different than mine. I have grit. I work hard and don't give up even though there are times when I want to.

I CONTRIBUTE

I have a lot to offer my community. I am generous and I am willing to help out whenever I can. What I do makes a difference.



I CAN COPE

When I am stressed, scared and overwhelmed, I use my coping and stress reduction strategies. I practice ways to calm myself.

I HAVE CONTROL

My choice and actions determine the results. I have control over what I choose to say and what I choose to do.



OK YOU'VE GOT THIS

ADAPTED FROM *BUILDING RESILIENCE IN CHILDREN & TEENS* BY KENNETH GINSBURG, MD



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.