

Developing Resilience

Parent Council Meeting



What is resilience.

“Resilience is the ability to ‘bounce back’ after something negative”

- like a tough situation or difficult time and then get back to feeling just about as good as you felt before.
- It’s also the ability to adapt to difficult circumstances that you can’t change, and keep on thriving.
- When you’re resilient, you can learn from difficult or challenging situations and get stronger



Why develop this in our young people.

- Our students need the **personal skills and attitudes to help them bounce back from everyday challenges.**
- As a school, we are well aware of the pressures and stresses that our young people experience in their teenage life.
- This can vary from friends and relationships, social and media influence, school and family life and change.
- When you're resilient, you can learn from difficult or challenging situations and get stronger



Small focussed groups

- Currently we have identified a number of students who would benefit from developing their skills in resilience.
- The group is being led by Alison Jarvie one of our Educational Psychologists
- Over a number of weeks she will look at different areas for our young people to focus on.
- Currently work has begun with a number of third year students.



How do we develop resilience on our young people

- Resilience for young people is built on a foundation of **strong positive relationships with parents and teachers.**
- self-respect and other personal values and attitudes
- social skills
- helpful and optimistic thinking
- skills for getting things done.



Self-respect and other personal values and attitudes

- **Self-respect** is an important block for resilience.
- If our young people have self-respect, they are more likely to protect themselves by avoiding risky behaviour and situations.
- **Empathy, respect for others, kindness, fairness, honesty and cooperation** are also linked to resilience. This includes showing care and concern to people who need support, accepting people's differences, being friendly and not mistreating or bullying others.



Social Skills

- This includes the skills needed to make and keep friends, sort out conflict, and cooperate and work well in a team or group.
- When our young people have good relationships at school and get involved in community groups and extra curricular activities they have more chances to develop connections and a sense of belonging.



Developing helpful and optimistic thinking.

- Resilience is about **being realistic, thinking rationally, looking on the bright side**, finding the positives, expecting things to go well and moving forward, even when things are bad.
- Talking and working together to find solutions can help our young people be more resilient. Developing a problem-solving method is one way for our young people to feel they have the power to get through bad times.



Developing skills for getting things done.

- **Feeling confident, capable and ready to get things done** are big parts of resilience. Important skills in this department are goal-setting, planning, being organised and self-disciplined, being prepared to work hard and being resourceful.
- Supporting our young people to take on new or extra responsibilities this is a great way to build their confidence and sense of what they can do.



Key Message.

- Life is mainly good, but now and then everyone has a difficult or unhappy time. It's a normal part of life.
- Things nearly always get better, even though they might sometimes take a bit longer to improve than you'd like.
- Stay hopeful and work on the problem if you can. You'll feel better and have more ideas about what you can do if you talk to someone you trust about what's worrying or upsetting you.
- No-one's perfect. We all make mistakes. We all find out there are some things we can't do so well.



Key Message.

- If something can't be changed, you just have to accept it and live with it. Don't make yourself miserable by making it worse or by assuming that the worst possible scenario is the one that will happen.
- When something goes wrong, it will usually only affect one part of your life. When this happens, focus more on the things in your life that are still going well.
- Everyone gets scared sometimes, but not always about the same things. Facing your fears can help you grow stronger.



Conclusion

- Develop resilience strategies with small groups
- Develop and adjust resources which can be used in PSHE classes
- Continue to develop the abilities our young people have in developing life skills.
- Continue to support issues regarding their health and wellbeing.

