

## NEWSLETTER ARTICLE

### It takes a village to raise a child...

Resilience is being able to adapt well to stressful situations in life – to grow and endure even when facing adversity. Resilience is not a fixed personality trait. It can be learnt. Eight key external factors have been identified that influence the development of resilience:

<b>HOME</b>
1. <b>Home support:</b> the supportive connections between students and adults at home.
2. <b>Home meaningful participation:</b> involvement in engaging activities at home with opportunity for responsibility and contribution.
<b>SCHOOL</b>
3. <b>School support:</b> the supportive connections between staff and students.
4. <b>School meaningful participation:</b> student engagement in meaningful school activities.
<b>COMMUNITY</b>
5. <b>Community support:</b> the supportive connections between community and students.
6. <b>Community meaningful participation:</b> involvement in engaging community activities with opportunity for responsibility and contribution.
<b>PEERS</b>
7. <b>Peer caring relationships:</b> students relate to each other with care and empathy.
8. <b>Pro-social peers:</b> friends that are positive in what they do.

In schools this may mean empowering students to make decisions or by providing leadership programs and opportunities to engage in volunteer work. It can be creating a school that feels safe. At home this could include fair and clear rules and encouraging unique interests and strengths. It could be talking with your child about their goals and guiding them through the steps to achieve them. Working together on these eight key factors creates a community that encourages and promotes resilience in our children and gives them the skills to manage difficulties, rise above challenges and thrive, not just survive.

