

Six Steps to Fostering Resilience in Children and Youth

*From the Risk Research of Drs. David Hawkins and Richard Catalano,
University of Washington, School of Social Work:*

Mitigate Risk Factors

1. **Increase Bonds** (connectedness) between family members, between school and student, and between student and any pro-social (positive) group or activity.
2. **Teach “life” skills** such as refusal skills, conflict resolution, how to make a friend, how to make good decisions, etc.
3. **Set and consistently enforce expectation** (i.e., family rules, school policies, organization rules, etc.)

*From the resiliency research reviews by Bonnie Bernard,
Western Regional Center for Drug-Free Schools and Communities:*

Build Resiliency

4. **Provide all children with caring and support** (including unconditional caring/loving, listening, encouragement, etc.)
5. **Provide all children with high expectations** for success.
6. **Provide all children with opportunities for meaningful participation** / contribution

Worksheet: Evaluating Resiliency Building Activities

Resiliency-Building Factors	What would it look like, feel like, sound like?	How will we know we've succeeded in achieving this resiliency builder
1. Increase bonds		
2. Set clear, consistent boundaries		
3. Teach life skills		
4. Provide all youth and staff with caring and support		
5. Provide all youth and staff with high expectations for success		
6. Provide all youth and staff with opportunities for meaningful participation and contribution		