



Practical ways to build resilience with young people

LINKS

September 2018



LOTTERY FUNDED



National Children's
Bureau

Aims of the workshop

- **To understand what resilience is**
- **To explore practical ways of building resilience with young people**
- **To share learning and experience in this area of work among grant holders**
- **To provide a networking opportunity**

What is resilience?

- Resilience is a positive, adaptive response in the face of significant adversity (Harvard University, 2015)
- The ...capacity to face, overcome and ultimately be strengthened...by life's adversities and challenges...A complex relationship of psychological inner strengths and environmental supports throughout a person's life' (Masten, 2001 cited in McArdle & Ward, 2015)
- Bounce-back-ability (CAWT, 2006)

What is resilience? Video Clips

Harvard clip:

<https://developingchild.harvard.edu/science/key-concepts/resilience/>

Young People:

<https://www.youtube.com/watch?v=4RzHx5rw0f4>

Resilience – a muscle



The Policy Context

- **UNCRC (1990)**
- **Children's Services Cooperation Act (2015)**
- **Draft Children and Young People's Strategy 2017-2027**
- **Infant Mental Health Strategy (2016)**
- **Draft Programme for Government (2017)**
- **Making Life Better (2014)**
- **Families Matter (2009)**
- **Protect Life: Positive mental health and suicide prevention strategy (pending)**
- **Cooperating to Safeguard Children & Young People in NI (2017)**
- **Delivering Social Change Framework (2012)**

How can we help build resilience?

Sharing the experiences from grant holders:

- **Leonard Cheshire Disability**
- **St Peter's Immaculata Youth Centre**
- **NI Cancer Fund for Children**
- **NI Youth Forum (Case Study)**

How can we help build resilience?

- 1 stable & committed relationship with an adult
- Help young people build a sense of mastery (self efficacy) or ability to overcome difficulties
- Develop adaptive strategies to cope with difficulties
- Help develop strong executive functions (e.g. skills for planning, organisation) & self regulation skills (manage emotions & behaviour)
- Support faith or cultural traditions

How can we help build resilience?

- Build on strengths/positives
- Build optimism & hope
- Social connections with peers & community
- Meet basic needs
- Develop physical health
- Develop a sense of purpose

Facts that are often misunderstood

- Resilience requires relationships, not individualism
- Capabilities that underlie resilience can be strengthened at any age
- Resilience in the face of some hardships does not guarantee resilience in the face of all issues (i.e. it can be situation specific)

Building layers of resilience

<https://www.youtube.com/watch?v=wLuSmryLOe0&feature=youtu.be>

Self assessment exercise & small group discussion

How does your BLF project o build resilience with young people?

Plenary Discussion



What young people would like us to do to help build resilience

- YPAG contributed to a discussion on building resilience and came up with the ideas on this flipchart.
- Here is an A4 typed version for you all

Closing comments & next steps for LINKS

- Evaluation of this workshop
- LINKS: 1:1 support to individual grant holders
- Future events

Thank you for coming today

For more information & support contact:

Teresa Geraghty

Senior Research Analyst

NCB

Tel: 028 90875006

E: tgeraghty@ncb.org.uk

Keep in touch:

www.ncb.org.uk/northern-ireland/projects-and-programmes/links



www.facebook.com/groups/NCBLINKS



@ncb_ni_tweets #NCBLINKS



National Children's
Bureau