Resilience

“Resilience is the capacity to adapt in challenging situations utilising a range of protective factors. These experiences provide opportunities to develop and practise strategies to enhance wellbeing.”

Peer Support Australia, 2012

Interactions with peers, teachers, relatives and other important adults in students’ lives support the development of resilient characteristics. While the majority of a student’s development in resilience is influenced by support within the family, schools can provide an environment which encourages and promotes resilience.

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The International Resilience Project identified 3 factors that contribute to resilience:

- I am
- I can
- I have.

Resilience can be developed within students through the recognition of their qualities and strengths (I am), the protective factors already present in their lives (I have) and by providing opportunities to foster a range of skills and coping strategies (I can).

The development of resilience in students is dynamic, occurs over time and through experiences which provide challenges and opportunities for growth.

Moving Forward

This 8 session module supports students with the capacity to adapt and develop protective factors necessary to help them approach situations with confidence and enthusiasm.

Moving Forward encourages students to think about and practise a range of resilient responses in a collaborative and inclusive environment.

Moving Forward is based on evidence that resilience can be developed within students by recognising and utilising protective factors and exploring a range of strategies in challenging situations.

Moving Forward focuses on developing skills in:

- planning
- resilience
- coping
- communication.

Aims of Moving Forward:

- identify personal qualities and strengths
- acknowledge their achievements
- identify people who provide support
- utilise a 3 step model
- develop a range of coping strategies
- develop resilience.

A 3 step model features in Moving Forward:

Step 1 - Pause
- to gain clarity of the situation

Step 2 - Plan
- strategies for working through challenges

Step 3 - Proceed
- with resilient responses.

Students are encouraged to reflect on the outcome of using one strategy and recognise the need to adapt their plan to other situations thereby demonstrating flexibility and creative thinking.