

RESILIENCE

for PRIMARY SCHOOLS

Peer Support Australia gratefully acknowledges funding provided under the Australian Government National Suicide Prevention Program and the NSW Department of Health.

MOVING FORWARD

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

Moving Forward is a eight session peer led module that focuses on resilience. Evidence confirms that resilience can be developed within students by recognising and utilising protective factors, and employing a range of strategies in challenging situations.



Moving Forward addresses three protective factors:



1. WHO I AM

- Planning
- Resilience
- Coping
- Communication

2. WHAT I CAN DO

- Identifying skills such as communication which are used to effectively participate in activities;
- Acknowledging achievements;
- Investigating the transferable nature of skills; and
- Feeling empowered to use these and approach new challenges.

3. WHO I HAVE

- Being supported when attempting to work through situations;
- Using knowledge, skills and strategies;
- Recognising the need for additional support; and
- Seeking out a trusted adult or friend.

Activities in the module assist students to draw on these protective factors and be proactive in working through challenges.

A three step model highlights the process students may use to cope with challenging situations.

- Step 1** Pause to gain clarity of the situation
- Step 2** Plan strategies for working through challenges
- Step 3** Proceed with resilient responses

What is covered in the eight peer led sessions?

- Session 1: Introduction
- Session 2: Who am I?
- Session 3: What I can do
- Session 4: Who I have
- Session 5: Pause
- Session 6: Plan
- Session 7: Proceed
- Session 8: A resilient way forward

***Moving Forward* helps students:**

- 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

Module Updated: 2012



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CONTACT US

Tel: 1300 579 963 Email: office@peersupport.edu.au

