

Who can help:



School – guidance staff deliver a PSE programme in school that covers many of the risk factors that would make young people vulnerable. Included in the lessons are tips and advice on how to become more resilient.

What Grove can offer:

- Strong social support networks.
- Participation in a range of extra-curricular activities.
- The opportunity to 'make a difference' by helping others.
- Provide opportunities to develop coping skills.

Useful contacts/agencies.

- The Corner, Dundee 01382 206060
www.thecorner.co.uk
- Children First 01382 349910
www.parentlinescotland@children1st.org.uk
- <https://www.bbc.co.uk/cbeebies/grownups/help-your-child-try-new-things>

Grove - Signposts



Resilience



Resilience is the capacity to 'bounce back' from adversity. Protective factors, such as family, relationships and education increase resilience, whereas risk factors such as peer pressure, bullying, risk taking behaviours increase vulnerability. Resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience.

Resilience is important because it is part of achieving good health and wellbeing for all young people.

One important thing to note is that promoting resilience does not necessarily mean removing risk, it means storing up the resources for dealing with it.

Resilient Factors

Daniel and Wassell (2002) describe resilience in terms of intrinsic and extrinsic factors.

The **intrinsic factors** are seen as three building blocks that are necessary for resilience:

- A secure base – the child feels a sense of belonging and security
- Good self-esteem – an internal sense of worth and competence
- A sense of self-efficacy – a sense of mastery and control, along with an accurate understanding of personal strengths and limitations.

The **extrinsic factors** are described as:

- at least one secure attachment relationship
- access to wider supports such as extended family and friends
- positive nursery, school and or community experiences



Tools and Techniques

Strategies:



- **Risk-focused methods.** These aim to reduce or prevent risks, through teaching and learning - education. Talk with your child about what they might do in complex scenarios, be positive and supportive.

- **Asset-focused approaches.** These emphasise support in the form of resources, such as, health care, housing, etc. These approaches are particularly useful when risk factors are intractable and on-going.

- **Process-focused approaches.** These aim to review where resilience was lacking, reframe adversity and to restore a positive **growth mindset** so that when the scenario is met again the young person is better able to deal with it both mentally and physically.

However, it is also important to note that no child, no matter how resilient, will be impervious to the effects of extreme and prolonged risk.

