



THE 7 C'S OF RESILIENCE

Children are able to cope mentally or emotionally with a crisis, or return to pre-crisis status quickly, when they have:



COMPETENCE:

When we notice what young people are doing right and give them opportunities to develop important skills, they feel competent. When we don't allow young people to recover themselves after a fall, they do not have the opportunity to feel competent.



CONFIDENCE:

Young people need confidence to make decisions, think creatively, and recover from difficult times.



CONNECTION:

Connections with other people, schools, and communities offer young people the security that allows them to stand on their own and develop creative solutions.



CHARACTER:

Young people need a clear sense of right and wrong.



CONTRIBUTION:

Young people who help others will receive gratitude rather than criticism. They will learn that contributing feels good and may therefore more easily turn to others, and do so without shame or fear.



COPING:

Young people who understand how to handle difficult situations will be less likely to turn to dangerous quick fixes when stressed.



CONTROL:

Young people who understand privileges and respect are earned through being responsible will learn to make wise choices and feel a sense of control.



PURPOSEFUL PARENTING HELPS BUILD RESILIENCE

- Identify the purpose or the why behind behaviors
- Help your child to feel safe on their own
- Love your child, even if you don't love their behavior
- Encourage and praise your child as they are developing skills
- Catch them being good
- Allow your child to direct the play, share their thoughts, and be creative



For more information, please visit:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>