The Resiliency Wheel

Provide Opportunities for Meaningful Participation: This strategy views young people as resources and involves them as active participants. They take on responsibility by making decisions, planning, evaluating and implementing projects.

Provide Care and Support:

of promoting resiliency.

learning.

Caring relationships are elements

Research increasingly points out

that supportive environments

and climates are essential for

Set and Communicate High and Realistic Expectations: High and realistic expectations are excellent motivators; cooperative and interest-based learning strategies such as service learning are effective.

Building Resiliency in the Environment

Increase Bonding or Connectedness:

Strengthening connections between the individual and pro-social persons or activities, e.g. in schools increase family involvement, create engaging afterschool programs

Set Clear and Consistent Boundaries:

Be consistent and fair in implementing policies and regulations; this might be most effective in combination with youth participation.

Teach Life Skills: Teaching such as conflict resolution and cooperation will help young people navigate environmental challenges. Mitigating Risk Factors in the Environment

Wheel/Headings Source: Nan Henderson and Mile Milstein. Resiliency in Schools: Making it Happen for Students and Educators. Thousand Oaks, CA: Corwin Press, 2003. Descriptive Text Source: Nan Henderson, et al. Schoolwide Approaches for Fostering Resiliency. San Diego, CA: Resiliency in Action, 2000.