

What Can I Do to Promote Resilience in Youth Today?

Below are quotes from evaluations completed by ACE/Resiliency workshop participants



Personally

- ◆ Listen more and not fill in silence.
- ◆ Asking or prompting ‘What do you need to have a good day?’
- ◆ Taking time for ‘real talk’ - asking about their interests.
- ◆ Be more observant and welcoming.
- ◆ Give more choices.
- ◆ Remember to take time for self-care.
- ◆ Connect more with families.
- ◆ Take into consideration the possibility that some students are in survival mode. I will reconsider my consequences for a negative behavior.
- ◆ Use a worry box in my classroom.
- ◆ Work on connecting kids with other adults.
- ◆ Reach out to a student that could use a smile or a show of appreciation.

My Organization

- ◆ Have a standing agenda item ‘students of concern’ at faculty meetings.
- ◆ Have students from different social groups tell us how we can connect better with them.
- ◆ Make sure that each student is able to make a positive connection with at least one adult in the building.
- ◆ Spend more time in class to build relationships.
- ◆ Structure school time for resiliency work.
- ◆ Add more mental health services for 4K.
- ◆ Ensure that schools in our county are aware of ACEs and trauma.
- ◆ Blue Dot Activity and then make those connections. Find out more about Blue Dot activity at: <https://inservice.ascd.org/building-relationships-with-every-student/>.



For more information visit our website at:
<https://cvmentalhealthmatters.org>

What are students saying: “The Voices of Wisconsin Students”

Below are quotes from the 2021 “The Voices of Wisconsin Students” Project

- ◆ Three of my teachers really make us feel like we belong. One teacher does a mental health check every day.
- ◆ My friends and I have class-specific group chats; we figure out where we are struggling and work through it together. Technology has been so crucial.
- ◆ If I had free access to mental health resources through my school, I would take advantage of it.

◆ Sharon E. Belton, Ph.D., Director

Many students noted teachers who did really small, what might seem insignificant things, that really resonated with them in terms of helping them cope and feel more connected. A teacher simply taking five minutes in class to have an open discussion about ‘How are you doing? How are you feeling?’ showed students their teachers really cared about them.

What are ACEs?

- ◆ ACEs are Adverse Childhood Experiences.
- ◆ They are negative life events that occur during childhood.
- ◆ ACEs can interfere with healthy child development and can lead to negative health outcomes in adulthood.
- ◆ ACEs are sometimes referred to as **toxic stress** or **childhood trauma**.



mental health matters
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What is Resilience?

- ◆ The ability to bounce back from adversity.
- ◆ The process of managing stress and functioning well even when faced with challenges, adversity and trauma.
- ◆ **...The ability to not only survive but THRIVE!**



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