

Marsden State High School

Resilience in Teens



What is Resilience?

- Resilience is a person's ability to 'bounce' back when faced with adversity.
- The most common adversities teens face are peer/friendship issues, relationship issues, family conflicts and issues, bullying, school results that didn't match expectations, changing schools, moving to a new house, and loss of family members/trauma.
- According to the Australian Institute of Family Studies (2018) how much resilience a teen may have comes down to family support, environment, peer and friend relationships, personality variables and appropriate modelling of resilience by teachers, parents and important others.
- Teens with a lack of resilience will have anger and anxiety issues, they may have depression, and they may have false beliefs about hidden personal meanings in the adversity they are facing.

What a lack of Resilience looks like-



Behaviours-

- Anger and anxiety, negativity in expressed emotions (Neuroticism).
- Inability to handle stressful situations.
- Will believe when something small has gone wrong their whole world has ended.
- Will be inflexible with change.
- Will view the future as negative because something negative just happened.
- Will not keep trying to accomplish something if it goes wrong the first time.



Strategies to Help-



- Have conversations with your teen about stressful situations, how you may have reacted to them, and discuss appropriate reactions to the stressful situation.
- Treat your teen as someone with value to add to conversations.
- Work with your teen and their goals, and break them down into small achievable steps, so as to not overwhelm them and to also promote celebrating small achievements that lead to a bigger goal.
- Teach teens that mistakes are how we learn, they make us strong and the help us grow as people.
- It is not the mistake that matters it is how we proceed or act after the mistake that is the most important.
- Model appropriate emotions/reactions in difficult situations for your teen to observe.

Do's

- Allow your child to see as they grow up that life is full of speed bumps that we must get over and keep going.
- Life is not perfect and sometimes bad things do happen to good people.
- Sometimes friends are only a small part of our story, they can teach us lessons, help us through a hard time but may not be in our life forever.
- Teach teens not to focus on the bad things that happen, and not to try to find personal meaning in the bad things.
- **Be positive** 😊

Try not to-

- Make decisions for your teen all of the time, promote their independence and confidence in their ability to make decisions and cope with the consequences.
- Make a big deal out of mistakes. Mistakes are part of the learning process and they make us stronger, better humans.
- Shelter your child, age-appropriate adversity can build more resilient teens, who will become resilient adults.
- Don't encourage rhetoric like, 'I knew something bad would happen things have been going too well', or 'I deserved that because I did this a year ago'.

Services-

GP Mental Health Care Plan- Up to 20 free visits psychologist visits.
Headspace- GP and Psychologists.
Wesley Mission-
<https://www.wmq.org.au/therapy-respite-and-wellness/psychology>
Kids Helpline- 1800 55 1800

Resources-

Beyond Blue
https://resources.beyondblue.org.au/prism/file?token=BL/1810_A
Kids Helpline
<https://kidshelpline.com.au/teens/issues/building-resilience>

References-

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<https://aifs.gov.au/cfca/publications/resilience-still-useful-concept-when-working-child/resilience-practice>