



3 ways to build resilience

By Dr Andrew Wicking

There are 3 main ways that we can increase the resilience of young people:

1. Improve the quality of connections, friendship, compassion, kindness and forgiveness in schools, families and communities. Kindness and forgiveness are the key principles of cultural change.
2. Demonstrate to young people the skills of resilience through classroom lessons and activities, year or school-based events. This is often called social-emotional learning.
3. Strengthen student voice and increase the empowerment of young people by having them devise meaningful projects that involve local young people contributing to making a difference in their schools, communities or world. See the Resilient Youth Australia website for the 'Trailblazers' program.

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Resilience Building Ideas':

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Follow Andrew on LinkedIn:

www.linkedin.com/in/andrew-wicking-52354b28

Dr Andrew Wicking is the Founding Director of Resilient Youth Australia Pty Ltd, Adjunct Research Associate at the University of South Australia and alumnus of the Stanford Business School Executive Non-profit Leaders Course.

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