



Positive Attitude

By Dr Andrew Wicking

'Positive Attitude' is one of 9 domains measured by Resilient Youth Australia's Resilience Survey.

Development of a positive attitude about oneself reflects a young person's emerging identity, and includes self-esteem, optimism, and a growing sense of purpose in life. A positive attitude to self contributes greatly to personal resilience. Parents and teachers can plan for young people to have experiences that build character and positive attitude to self.

Develop curiosity and a love of learning

We need to be in the business of sparking young minds and igniting passions. Adolescents, for example, are ready to tackle the big questions of life. We need to be discussing and debating philosophical and social issues with them.

Encourage courage

Being prepared to stand up for what you believe in, even when others disagree is the basis of integrity. It's also a powerful way of involving teenagers in intervening when they see bullying occurring.

Success without stress

Create a workshop for parents. The aim is to assist parents to develop their knowledge and skills and to help their child achieve optimal academic outcomes. Senior students are also welcomed to attend and may assist with aspects of the program.

Include teachers that represent cultural diversity.

Topics that might be covered include:

- How to take notes;
- Setting up a learning environment at home;
- Enhancing concentration;
- Improving memory;
- How to deal with anxiety;
- How wellbeing and academic outcomes are linked;
- How to negotiate technology rules for the home;
- How to become an Upstander when bullying occurs.

Enquire about Resilient Youth Australia 'Parent Workshops' at:

helpdesk@resiliencyouth.org

Teach students what to do if they are bullied online

Teach students simple rules to follow if they are bullied online:

1. DON'T respond – don't be provoked;
2. Take a copy and file it in a dedicated folder;
3. Tell an adult and/or friend you trust – don't try to deal with the problem alone.

Develop with students a list of online DONT'S

Ask students in your class to imagine that they have been asked to write up an agreement/Charter of online safety rules for younger students.

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Ask students if they would all agree to sign up to the Charter.

Ideally, their completed Charter should include the following rules:

1. DON'T bully others online;
2. DON'T be mean to others online;
3. DON'T deliberately exclude others online;
4. DON'T share photos of others online without their permission;
5. DON'T join in if you see others being bullied online;
6. DON'T stay silent if you see someone being harassed or stalked online;
7. DON'T add others to your online friends if you don't know them;
8. DON'T meet online friends for the first time alone;
9. DON'T play computer games too often or for too long.

Parents as enrichers of education

Parental involvement is a powerful factor in academic outcomes and emotional security of your students. Conduct a survey of parents to establish an evidence base of opinion. Contact us to ask about our online anonymous 'Parent Resilience Survey'.

Kindness rules

Involve young people in acts of kindness to others. Build a sense of compassion and confidence in students to contribute to a better world. Teach them the vital importance of being kind to oneself. In times of hardship and unhappiness it is critical that young people are not too hard on themselves. For young people to learn the importance of being kind to oneself, to be able to forgive oneself for mistakes, and to seek out help if needed, are enormously useful life skills.

Goal setting

Ask students to identify and work towards both short and long-term goals that really matter to them. These may be both academic learning and personal life goals.

Develop problem solving skills

Instill in your students 'Where there's a will, there's a way'. Encourage them to persevere and follow through with their plans and goals. Brainstorm ways of working a problem out together.

Encourage positive thinking

Talk positively about things happening in the world, at school, and in the community. Celebrate the role young people can take in creating a better world. Encourage students to dream big dreams about what they would REALLY like to achieve in life.

Display your school values

Make sure your school mission and values are on display in the classroom and around the school. Mention these values during lessons where appropriate. Refer to school values in communication to students, parents and teachers.

Recognise great work

During class time recognize and acknowledge effort and achievement by students, parents, teachers and staff.

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For more Free Resources or to download our free eBook '101 Resilience Building Ideas':

<https://linktr.ee/ResilientYouthAustralia>

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