

Practical Ways to Foster Resiliency in School, Family, and Community Settings

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School

- *Caring Environment:*
 - Acknowledge each child
 - Eye contact
 - Clear discipline plan and consequences
 - Personal issues
 - Use names
 - One-on-one time
 - Home visits
 - Calls for good things
 - Promote school climate

- *High Expectations:*
 - A clear syllabus, and stick to it
 - Rewards for achievement
 - Give reasons for the expectations
 - Role models
 - Support and resources
 - Mentors and training

- *Meaningful Participation:*
 - School government
 - Extracurricular activities
 - Service projects
 - Peer groups
 - Mentoring

Family

- *Caring Environment:*
 - Give attention and time in a focused way
(No distractions; If you can't attend right then, let kids know when you can make time; finish what you need to do and then give full attention)
 - Discipline and consequences
 - Be a **parent**, not a friend
 - Take an interest
 - Encourage
 - Consistency

- *High Expectations:*
 - Role model
 - Support and resources
 - Home norms exemplified in all aspects of life

- *Meaningful Participation:*
 - Chores
 - Decision-making
 - Family volunteers together
 - Vacations together
 - Church

Community

- *Caring Environment:*
 - Create safe spaces for kids to hang out, socialize
 - Prioritize
 - Partnerships

- *High Expectations:*
 - Role model
 - Support and resources
 - Tools and training
 - Keep community clean
 - All schools become good schools, equal resources
 - Ownership

- *Meaningful Participation:*
 - Attend community events
 - Volunteer work
 - Service projects
 - Scouts, YMCA, Boys and Girls Clubs, camps