

Raising Resilient Young People with Dr. Deanna Behnke-Cook



Today, more than ever, our young people require support and encouragement to develop resiliency. Life's challenges can be daunting, but young people are particularly able to adjust and adapt to new experiences and opportunities.

As parents and educators, we play a central role in supporting the development of resiliency. It is important to note that we cannot do it for them. In fact, it is through the experiences of life's challenges that young people become more resilient, not less. ✨ Resiliency is a skill, not a trait, and as such, everyone can become more resilient and be able to cope with and adapt to new environments, and not only survive, but thrive.

On June 1st, at 7:00 pm through TEAMS virtually, we will focus on the seven components of resiliency, and how parents and others can actively and purposefully encourage the development of this important skill. There is no once and for all answer, rather parents, schools and community members all have a role in raising, teaching supporting, coaching and encouraging young people to help them recognize their abilities and inner resources.

We will consider these seven C's of resilience and discuss how we can actively support their development: Competence, Confidence, Connection, Character, Contribution, Coping and Control (Ginsburg, AAP).

Together, we can surely help to build healthy, resilient young people who are confident doers, dreamers, and community members.

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

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Phone Conference ID: 120 074 824#

June 1st, 2021 @ 7 p.m.

Bellmoore School Council Meeting