



Frank Panabaker Elementary School

PROUD SCHOOL OF HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD

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www.hwdsb.on.ca/frankpanabaker

Monday, May 31, 2021

Parents and Members of the Frank Panabaker School Community,

The Frank Panabaker School Council is proud to present guest speaker Dr. Deanna Behnke-Cook. On Tuesday, June 8th at 8:30- 9:30 pm, Dr. Behnke-Cook will host a session entitled *Raising Resilient Young People* for our school community. A Microsoft Teams Link for the session will be sent to all parents and caregivers via email. If you do not receive the link, please contact our school office. All parents and guardians are welcome to attend.

Raising Resilient Young People

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.

My discussion 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.

ABOUT Dr. Behnke-Cook

Dr. Deanna Behnke-Cook earned her Ph.D. from McMaster University where she focused her efforts on examining education and its impact on youth risk behaviours. She went on to complete a Post-Doctoral Fellowship with the Faculty of Medicine at McMaster University where she collaborated with her colleagues researching the impact of poverty, and home, school, and community environments on the health outcomes of young people.



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Dr. Behnke-Cook is an award-winning Lecturer at the University of Guelph, a sought-after panelist and speaker, the author of school-based youth risk interventions, and the author of a newly published e-book containing Canadian Case Studies that examine the impact of social forces on the lives of Canadians. She can be reached at the university at dbehnke@uoguelph.ca and followed on Instagram @professordeanna

