

# The Resiliency Survey

How can young people cope with difficult situations that change their lives? Is there something that enables young people to adapt to life's challenges? What is it?

**It's *Resiliency* (ree-zil-ee-n-c-ee) – the ability to *bounce back and adapt to life's challenges in constructive ways with a sense of hope and optimism.***

The **Resiliency Survey** is all about helping you explore and discover resiliency. Over the next few minutes we will describe resiliency and the things that contribute to resiliency development. In addition, you'll go online to complete a survey which will give you an idea of what your resiliency looks like. The **Resiliency Survey** will take about 20 minutes of time, effort and thought. Be assured, you're about to invest in a journey that could change your life!

## What are some situations that require Resiliency?

The loss of a friendship.  
Serious illness.  
Death of a loved one.  
Negative peer pressure.  
Stress at school.

**Resiliency** means *bouncing back*. It's the ability to recover from setbacks, difficulties or stressful situations such as relationship problems, health and mental issues, school or social pressures. In day to day life, resiliency boosts confidence and increases the ability to respond to life's challenges by drawing on one's strengths.

**Why is Resiliency important?** Because we can't predict which problems, stress or hardships will affect us, but we can plan *how* we will respond.

**Do resilient people ever have problems?** Of course! Resilient people encounter all kinds of problems. Part of their success is the result of recognizing and taking ownership of their problems. Often, after overcoming a difficult experience, resilient people exhibit even greater amounts of resiliency.

**How do people get Resiliency?** Resiliency isn't simply something that people have or don't have. Every person has their own unique resiliency combination and it can be developed by anyone – including you!

The following are examples of things that support a person's resiliency:

- Positive relationships
- The ability to make and carry out realistic plans.
- A positive view of your strengths and abilities.
- Skills in communication and problem-solving.

**How *resilient* do you think you are?** What would you say about your ability to *bounce back*? How would you respond to: the loss of a friendship, serious illness, death of a loved one, negative peer pressure or stress at school?

## **Resiliency Factors & Developmental Strengths**

**What are Resiliency Factors?** Simply put – everything that supports a person’s resiliency. Like:

- Guardians and parental figures
- Peers
- Community
- Learning
- School
- Cultural sensitivity
- Self-control
- Self-confidence
- Empowerment
- Attitude to others

**What are Developmental Strengths?** Resiliency Factors also include Developmental Strengths. Developmental strengths include things like: family communication, parental/guardian expectations, peer influence, school work, bonding to school, community values, cultural awareness, restraint, safety, spirituality, fairness and more.

Rather than focusing on fixing a person’s weaknesses, Resiliency focuses on developing the strengths a person already has – no matter how small – as a route to healthy, responsible and resilient living.

### **What about your Resiliency Factors and Developmental Strengths?**

Which Resiliency Factor would help you respond to: the loss of a friendship, serious illness, death of a loved one, negative peer pressure or stress at school? What about your Developmental Strengths?

**Start your Resiliency Survey – log into the site and begin your Journey. When you complete the survey return to the Advancing Futures bursary website, click on Resiliency Survey and we’ll walk you through your results.**