**Youth Resiliency Plan\***

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| **Name:** | **Team:** |
| **Plan Start Date:** | **Grade:** |
| **Resilience**is the ability to overcome challenges of all kinds and to bounce back stronger, wiser, and more personally powerful.  |

**Resiliency Protective Factors**

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| **Caring Relationships** - Relationships that convey compassion, respect, empathy, interest and encouragement. Connecting with others. |
| **Individual plan:****Who:****Timeline:** |
| **Meaningful Participation**- Allowing young people to have a voice and speak up for what they need. Don’t do *for*, do *with* them. |
| **Individual plan:****Who:****Timeline:** |
| **High Expectations**- Messages of high expectations convey a belief in the youth’s abilities (may need to have support in place). Look for strengths. Provide clear limits and consequences (even with trauma impacted students). |
| **Individual plan:****Who:****Timeline:** |
| **Mastery Experiences**- Tap into their strengths and care about what they are good at. |
| **Individual plan:****Who:****Timeline:** |
| **“Real Talk”**- Take your conversation to a deeper level. Talk about what interests them, engage their opinions. |
| **Individual plan:****Who:****Timeline:** |
| **Creative Expression**- Tap into their talents with art, music, imagination, building things. |
| **Individual plan:****Who:****Timeline:** |
| **Service to Others**- Provide opportunities to help others out. Kids love to give back to the community. |
| **Individual plan:****Who:****Timeline:** |
| **Cultural Identity**- Provide opportunities to learn about their own culture. Allow students to be seen, to be heard, to be empowered. Need to understand how they fit into this community. |
| **Individual plan:****Who:****Timeline:** |

\**Designed by Derrick Kunsman, Assistant Principal, and his staff at Chippewa Falls Middle School, 2016*