

Our Kids Are Not Broken!!

**The Importance of Resilience in
Overcoming Adversity**

The National Summit on Adverse Childhood Experiences

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**How do we define
success?**

Resilience

- **The Ability To Overcome Adversity**
- **The Capacity to Bounce Back**

Resilience is a Mindset

Resilience

is

NOT

Invulnerability

Resilience

is

NOT

a temperament trait

**It is affected by supports and
circumstances!!!**

The Bottom Line

- Young People will be more resilient if the important adults in their lives believe in them unconditionally and hold them to high expectations
- Young People live up or down to the expectations we set for them

We matter . . .

more than the buildings or the programs.

Kids come for the content, but the context is what heals youth.

Core Principles

Young people need to feel valued. When we see them as the experts on their own lives, youth learn to believe their opinions matter.

Youth are often the best teachers and role models for other young people.

Core Principles

Adults can be instructive and supportive, but children should choose and carry out activities as independently as possible. Nothing discourages mastery more than an adult who steps in and says, “Let me do that for you.”

Adolescents are still capable of healing and do so best when caring adults trust in their capacity to right themselves while offering appropriate support and guidance.

Core Principles

Most behaviors we fear serve as coping strategies that help youth manage uncomfortable stressors. If we help them (starting at very young ages) develop alternative coping strategies, we will diminish their need to turn to worrisome quick fixes.

Youth watch adult behaviors closely and how we model adaptive strategies to stress matters.

The 7 C's of Resilience

Confidence

Competence

Connection

Character

Contribution

Coping

Control



(Little, 1993; Pittman et al., 2003; Eccles and Gootman , 2002; Roth and Brooks-Gunn 2003; Lerner, 2004; Ginsburg, 2006; Frankowski, Leader & Duncan, 2009)

Being Trauma Informed is
Healing

But Focusing on Trauma or Risk
Holds the Potential to Re-
traumatize

Kids live up or down to our expectations, this means our attitude really matters

**And they can judge our
attitude easily**

Problem Free . . .

. . . is NOT Fully Prepared!

Karen Pittman

The Importance of Discipline

The Importance of High Standards

Character

**How do we portray
youth?**

Youth at Risk??????



RUD YARD

596 Nice People - 1 Old Sore Head!

RIP SNORTING & RARING for BUSINESS

Problems
or
Problem-Solvers

It is more than the words we say . . .

Finding your buttons

Body Language

Behavioral Change 101

(What they're missing)

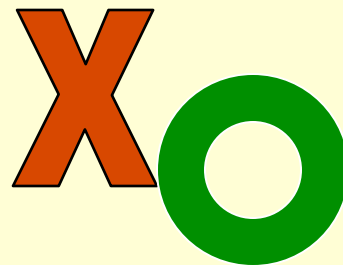
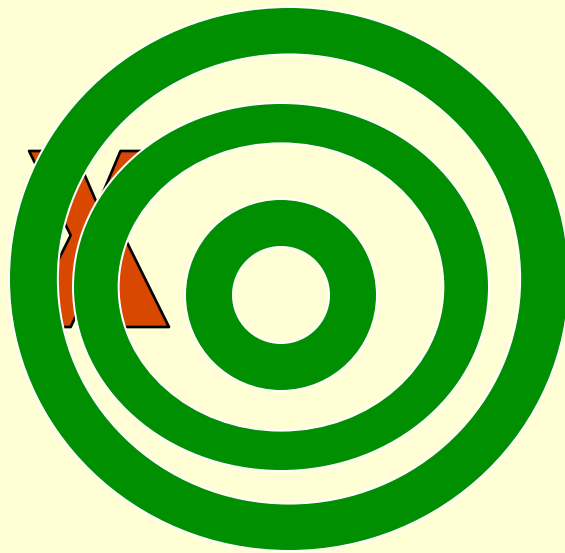
The Five Steps of Behavioral Change

1. Awareness
2. Motivation
3. Skills
4. Trial and error
5. Maintenance

Confidence gets it started . . .

**. . . and shame paralyzes all
efforts**

Finding Competence Building Confidence



**Help youth to know how much
they matter**

**Recognize the credentials
they bring to the world**

Do The Work It Takes To Love

The Second Sentence

There is no “other”

There is only US