

# I AM RESILIENT

In the face of hardship, I bounce back.

I KNOW I AM **RESILIENT** BECAUSE...

## I AM COMPETENT

I have the strength and courage to overcome challenges and weather difficult times.



## I AM CONFIDENT

I know I have the ability to make choices that work towards keeping myself and others around me safe.

## I AM CONNECTED

I am **CONNECTED** to my **COMMUNITY**. I have people in my life: parents, teachers, and friends that care about me and that I care about.



## I HAVE CHARACTER

I value kindness. I respect others opinions even when they are different than mine. I have grit. I work hard and don't give up even though there are times when I want to.

## I CONTRIBUTE

I have a lot to offer my school, my friends and family. I am willing to help out whenever I can. What I do makes a difference.



## I CAN COPE

I have created strategies to reduce my stress. When I am stressed, scared or overwhelmed, I use these coping strategies. I practice ways to calm myself.



## I HAVE CONTROL

I have control over what I choose to say and what I choose to do. It is my choices and actions that determine the results.



## OK YOU'VE GOT THIS

ADAPTED FROM *BUILDING RESILIENCE IN CHILDREN & TEENS* BY KENNETH GINSBURG, MD

Is a public awareness and education campaign to build resilient youth in Addison County. Data from schools and organizations serving kids show low levels of resiliency among youth and a feeling of being undervalued in their communities. Counseling Services of Addison County, Addison County Parent Child Center, Building Bright Futures, the Vermont Department of Health, Vermont Department of Children and Families, all 3 school districts and many other groups and individuals are joining together and stepping up to change that. We believe that thriving communities and healthy families grow resilient kids.

