

***Raising Resilient
Children:
The Resources Young
People Need Before,
During and After a
Pandemic***

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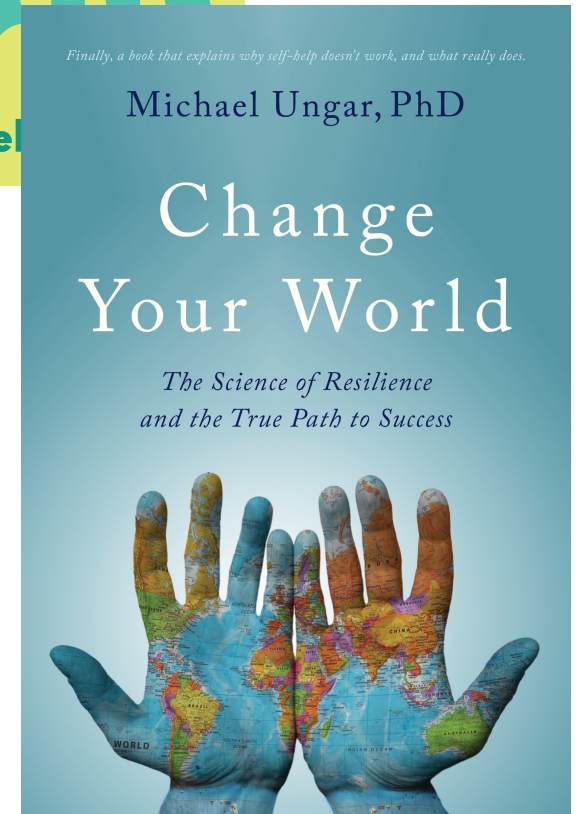
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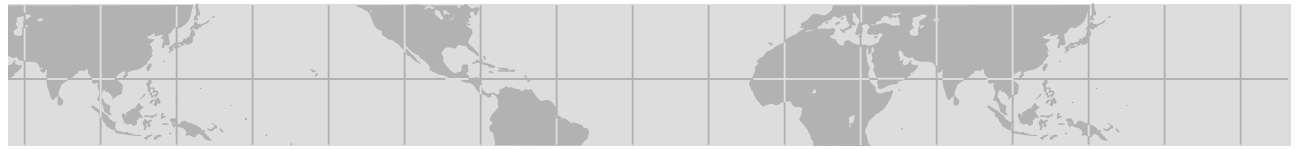
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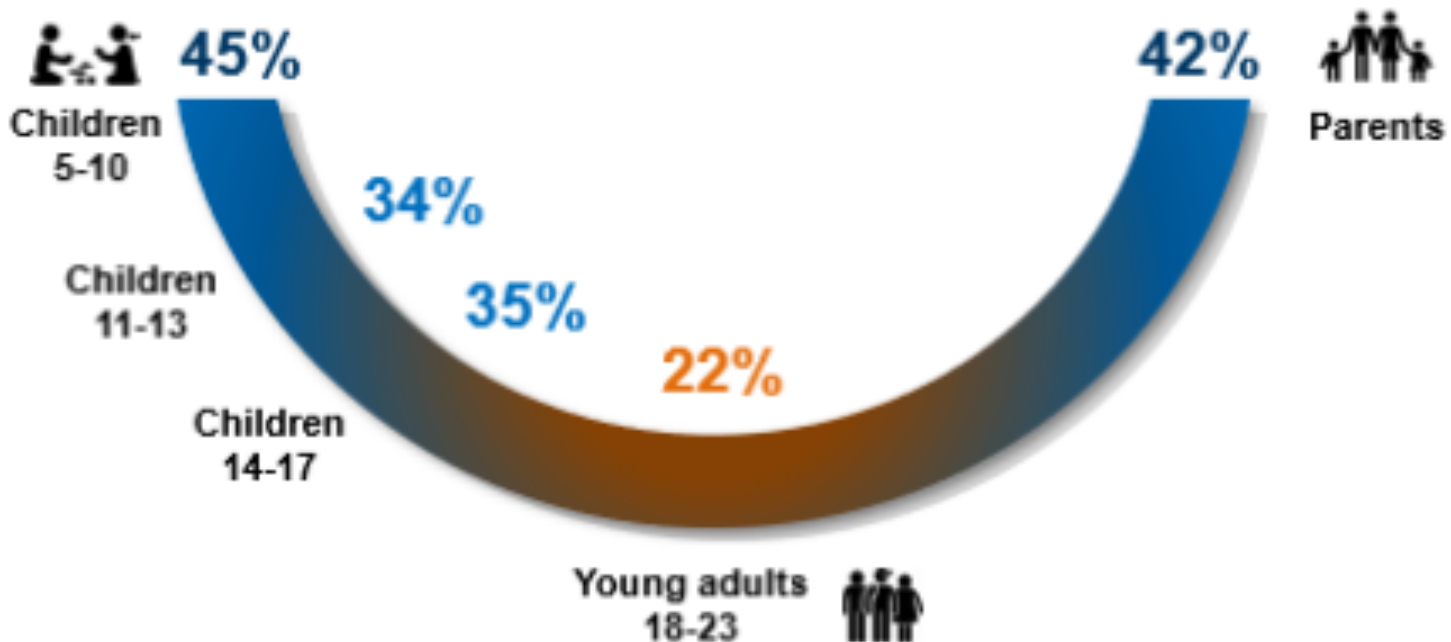
Resilience is...

- ✿ In the context of exposure to significant adversity, resilience is our capacity, individually and in groups, to *navigate* our way to the psychological, social, cultural, and physical resources that sustain our wellbeing, and...
- ✿ our capacity individually and in groups to *negotiate* for these resources to be provided in meaningful ways.



Cigna Resilience Index

- Survey of 5,000 parents and children, 1,500 young adults, 5,000 workers in US





Nine Resources All Children Need, and Parents Can Provide

1. Structure
2. Consequences
3. Parent-child connections
4. Lots and lots of strong relationships
5. A powerful identity
6. A sense of control
7. A sense of belonging/culture/s spirituality/life purpose
8. Rights and responsibilities
9. Safety and support



Assessing my child's resources for resilience (during a pandemic):

✚ Structure:

▣ "There are people in my life who expect me to _____."

✚ Consequences:

▣ "When I don't meet expectations, I know that _____ will happen."

✚ Parent-Child, and Other, Relationships:

▣ "I can reach out to my _____ to get help when I need it."



✚ Identity:

- ✚ "I feel respected for what is special about me when I'm with/at/doing _____."

✚ Power and control:

- ✚ "In my _____ I get to participate in making decisions that affect my _____."

✚ Belonging, spirituality (sense of cohesion):

- ✚ "At my _____ people miss me when I'm not there."



✚ Sense of culture

- ✚ "There are places such as _____ where I can celebrate my culture and beliefs."

✚ Rights and Responsibilities (social justice):

- ✚ "When I'm with others at my _____ I feel treated fairly."
- ✚ "When I'm with _____ I am responsible for myself/others."

✚ Safety and Support:

- ✚ "I am well-cared for by _____."
- ✚ "I feel safe when I'm with/at _____."



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Practical Strategies for Nurturing Children's Resilience

 Individual qualities



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Gratitude



Exercise: How grateful are you?

- ✿ GQ-6 (McCullough et al., 2002): Using a 7 point point scale from "1 = strongly disagree" to "7 = strongly agree", answer the following questions (*Items 3 and 6 are reverse-scored):

- ✿ ____1. I have so much in life to be thankful for.
- ✿ ____2. If I had to list everything that I felt grateful for, it would be a very long list.
- ✿ ____3. When I look at the world, I don't see much to be grateful for.*
- ✿ ____4. I am grateful to a wide variety of people.
- ✿ ____5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- ✿ ____6. Long amounts of time can go by before I feel grateful to something or someone.*



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Optimism



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Nutrition, Sleep and Physical Activity



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Practical Strategies for Nurturing Children's Resilience

 External resources



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Structure and Routine



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Supportive Relationships



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Powerful Identity

17-year-old Emily Tuck,
Performing in the Nova Scotia
COVID-19 Kitchen Party



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Sense of Control



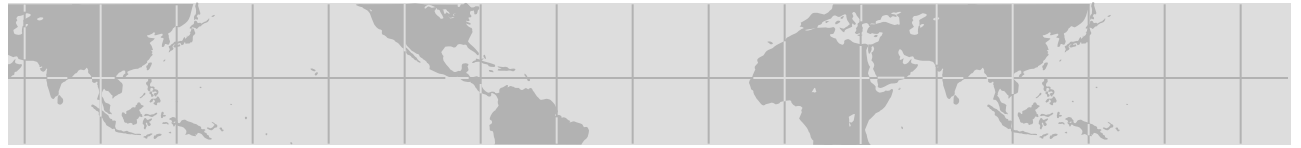
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Teaching Circus Arts as a Resilience Promoting Intervention



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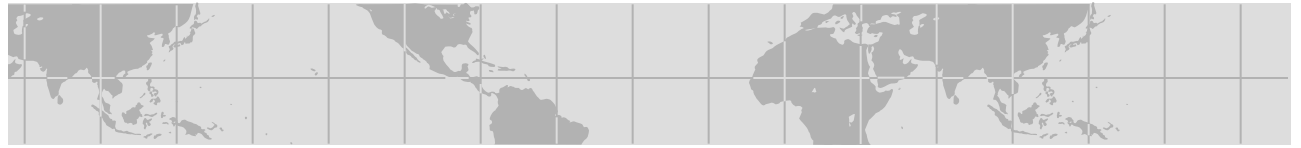


Can Over-Protected Children be Resilient During a Pandemic?



Actual Risks facing our children today

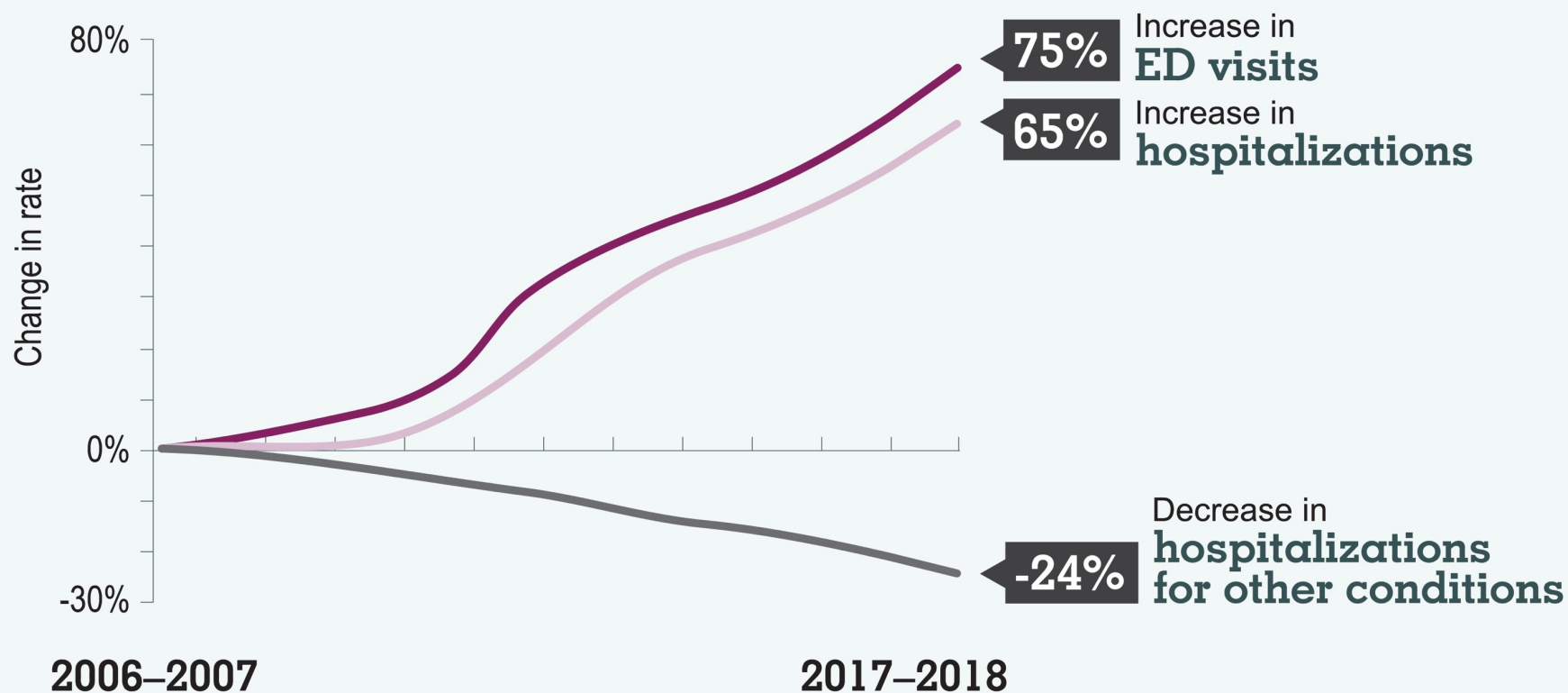
- ✚ Crimes by teens: *down*
- ✚ Likelihood of being murdered: *down*
- ✚ Rate of school drop-out: *down*
- ✚ Accidents causing death: *down*
- ✚ Smoking and drug use: *down*
- ✚ Early sexual activity: *down/stable*
- ✚ Pregnancy rates among teens: *down*



And the real dangers are...

- ✚ Texting while driving
- ✚ More than 3 hours of screen time each day (unrelated to school work)
- ✚ Unprotected sex (STIs)
- ✚ Self-harming behaviors
- ✚ Lack of information and honest conversations about the pandemic (leading to increased anxiety)

Has hospital use for mental disorders changed?



Visit cihi.ca for more detailed information about youth and mental health in Canada.



**What risks did
you take
growing up?**

**Taking those
risks, what did
you learn?**

**Were those
lessons helpful,
unhelpful, or
both?**

**How will your
children learn
these same life
lessons?**



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**Better to Say
‘Yes’ than ‘No’**

Thank You!

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