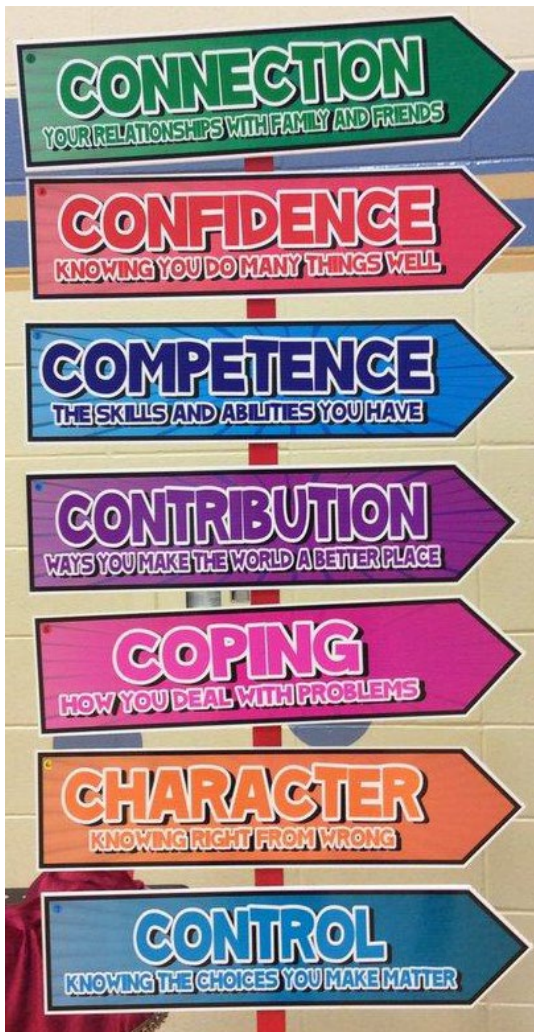


The 7 Cs: The Essential Building Blocks of Resilience

On a periodic basis, consider utilizing the 7 C's to measure a person's resiliency. Observe their actions, words, emotions and behavior against each of the Cs. Discuss any observations with the person and help them work through challenges. Reinforce the importance of the individual's **MY FAVE FIVE** and encourage him/her to reach out when they are faced with a challenging situation, have irrational thoughts or feel impulsive.



Bottom Line #1: People's lives are up and down to expectations we set for them. They need someone who believes in them unconditionally and holds them to the high expectations of being compassionate, generous and creative.



Connection: Connections with other people, schools and communities offer people the security that allows them to stand on their own and develop creative solutions. ***** **MY FAVE FIVE** *****

Confidence: People need confidence to be able to navigate the world, think outside the box and recover from challenges.

Competence: When we notice what people are doing right and give them opportunities to develop important skills, they feel competent. We undermine competence when we don't allow individuals to recover themselves after a fall.

Contribution: People who contribute to the well-being of others will receive gratitude rather than condemnation. They will learn that contributing feels good, and may therefore more easily turn to others, and do so without shame.

Coping: People who possess a variety of healthy coping strategies will be less likely to turn to dangerous "quick-fixes" when stressed.

Character: People need a clear sense of right and wrong and a commitment to integrity.

Control: People who understand privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.

Bottom Line #2: What we do to model healthy resilience strategies for others is more important than anything we say about them.

[The 7 Cs are an adaptation from The Positive Youth Development movement. Rick Little and colleagues at The International Youth Foundation first described the 4 Cs of confidence, competence, connection, and character as the key ingredients needed to ensure a healthy developmental path. They later added contribution because youth with these essential 4 characteristics also contributed to society. The additional two C's – coping and control – allow the model to both promote healthy development and prevent risk.]