Youth Resilience

Supportive Environment

Watch us Grow

Support us

Engage us

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CRDI

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International Pathways to Resilience

Canada

Resilience Research Centre

www.internationalresilience.org

www.resilenceresearch.org
**CONNECT US**

Ask youth what people, services or programs have been supportive of them or who could possibly support them. This may include:

+ Immediate and extended family (parents, siblings, aunts, uncles, grandparents, cousins)
+ Friends/peers
+ Community members (neighbours, family friends)
+ Religious leaders or members of the congregation
+ Cultural role models (chief, council members)
+ Other service providers (teachers, principal, after school program leader, social worker)

Identify with the youth whether these relationships are already strong relationships or if they need to be developed further.

Help youth foster these relationships. Be creative!

+ Hold a case conference and ask the youth to help choose who will attend. Ask everyone around the table what they can offer to help support/connect the youth.
+ If the youth would like to be connected to someone/something, help them to do the research to find out how they can become connected. If possible, take them to initial meetings or have them meet for the first time when you are able to be present.
+ Ensure these relationships are sustainable. Help the youth to figure out how they can continue these relationships independently.

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**SUPPORT US**

Before a youth is able to engage in a service, it is important that their basic needs are met. Ask them:

+ Do you feel safe in your home and community?
+ Are you getting enough food?
+ Do you have somewhere to spend the night?

Ensure youth are involved in every step of their case plan and service delivery. Ask them:

+ What do you want to work on while you are here?
+ What is the biggest issue/challenge you are facing that you want help with?
+ Is there anything that you don’t want to do while here?
+ What can I do to support you?
+ What are your goals and future plans?
+ What do you need in order to meet these goals?

Provide youth with unconditional positive regard:

+ They will mess up, and that’s okay. Continue to support them and help them to learn from the mistake.
+ Be consistent with them and leave your personal problems at home. Youth appreciate when they know that you will react the same way each day. Don’t let an occasional bad mood influence your work.

Give youth power and choice:

+ Explain why rules are in place and consistently enforce the rules.
+ Rather than tell youth to do something, give them an option. For example, you can continue yelling at me and you will have to leave for the rest of the day, or you stop can yelling and continue with this activity.
+ When the rules can be bent, it is often helpful to bend them to show you care. For example, if there is a 5 minute phone call rule and youth is in crisis and needs to use the phone for longer or is having the first good talk with his/her parents in years, let them talk a bit longer.

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**WATCH US GROW**

Once the youth is connected and supported, the youth is more likely to do well.

Ensure that the supports you have helped to put in place are sustainable.

Continue to be there for the youth, even if they no longer need your service. If possible, check in with them now and again to let them know you still think of them.

Allow the youth space to grow, make mistakes, and learn.

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**FOR MORE INFORMATION CONTACT:**

THE RESILIENCE RESEARCH CENTRE

Resilience Research Centre

[www.resilienceresearch.org](http://www.resilienceresearch.org)

Information in this document was developed from Canadian data collected during the International Pathways to Resilience Project; see www.internationalresilience.org for more details.