



## Resilience education

Student resilience and wellbeing are essential for both academic and social development. Children who are confident, resilient and emotionally intelligent perform better academically. The skills these children also possess can contribute to the maintenance of healthy relationships and responsible lifestyles.

Research has shown that children who are resilient are less likely to be involved in high risk behaviours such as problematic alcohol or drug use, early sexual behaviour, self-harm, or misbehave in anti-social ways such as irresponsible road use. So resilience and road safety education is important as it helps young people to learn the skills that will help them to become more resilient, manage their emotional responses, cope with challenging situations that may come their way, and know what to do when they or a friend need advice or support.



### Tip for parents

*Let your children know when you see them using these skills in their daily life.*

Our class is building on the social and emotional skills that were covered in primary school and learning some new skills which include:

- **Knowing that our thoughts and feelings can influence what we do and say.** This is particularly important when faced with a problem or challenging situation. This skill can help children manage their emotional responses, maintain their relationships with others and make decisions to reduce the possible harms in a range of situations.
- **Managing disagreements with others.** It is important for students to understand that it is normal for people who live or work together to sometimes disagree and that when these times are handled well, it can make relationships stronger. Being able to manage disagreements well can also make people feel happier in themselves as they feel they have been heard and had a fair deal.
- **Setting SMART goals** that are specific, measurable, linked to actions, realistic and have a timeframe. Being able to set and achieve goals can add to your children's health and wellbeing.

