

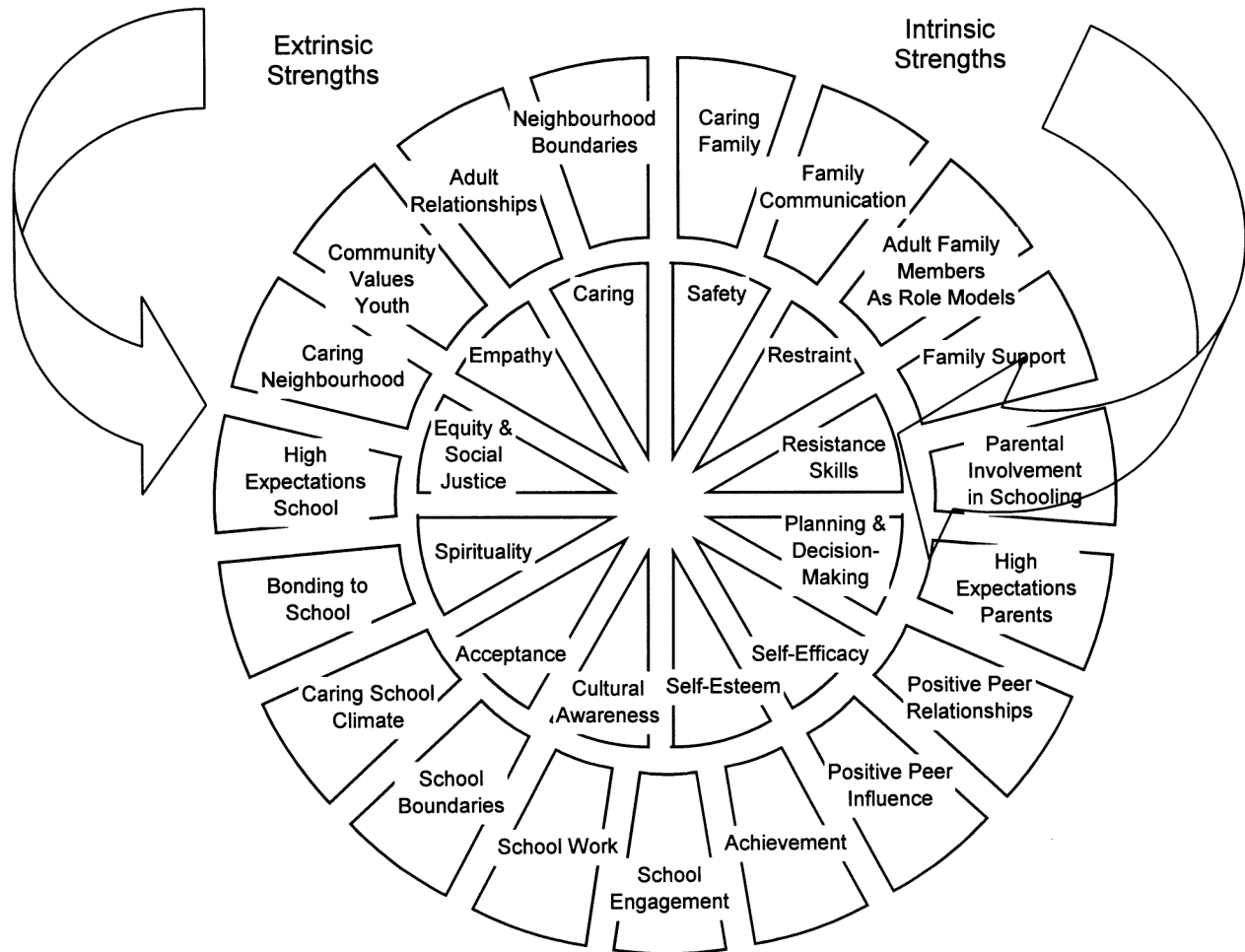
# Nurturing Resiliency For Life



## YOUTH RESILIENCY PROFILE

PROMOTING DEVELOPMENTAL STRENGTHS  
THROUGH RESILIENCY ASSESSMENT & DEVELOPMENT

The foundation of Resiliency Canada's work is based on the child, youth and adult resiliency assessment and developmental protocols which promote a strength-based approach and holistic framework for understanding the major components that contribute to individuals becoming both productive and responsible



*“Although we understand the importance of resiliency or developmental strengths in nurturing healthy development, we continue to underestimate the direct and indirect influence that family, peers, schools and communities have on the development of resiliency and in the promotion of prosocial choices in our children and youth today.”*

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# Youth Developmental Strengths

## Understanding Youth Resiliency in Your Community

Resiliency Factor	Developmental Strength	Description
Parental Support	Caring Family	Family provides a nurturing, caring, loving home environment
	Family Communication	Youth can communicate with family openly about issues/concerns
	Adult Family Role Models	Family provides responsible role models
	Family Support	Family provides trust, support, and encouragement regularly
Parental Expectations	Parental Role in Education	Family is active in providing help/support with education
	High Expectations	Family encourages youth to set goals and do the best he/she can
Peer Relationships	Positive Peer Relationships	Friendships are respectful and viewed positively by adults
	Positive Peer Influence	Friendships are trustworthy and based on positive outcomes
Community Cohesiveness	Caring Neighbourhood	Youth live in a caring and friendly neighbourhood
	Community Values Youth	Adults in the community respect youth and their opinions
	Adult Relationships	Adults try to get to know the youth and are viewed as trustworthy
	Neighbourhood Boundaries	Neighbours have clear expectations for youth
Commitment to Learning At School	Achievement	Youth works hard to do well and get the best grades in school
	School Engagement	Youth is interested in learning and working hard in the classroom
	Homework	Youth works hard to complete homework and assignments on time
School Culture	School Boundaries	School has clear rules and expectations for appropriate behaviours
	Bonding to School	Youth cares about and feels safe at school
	Caring School Climate	School environment and teachers provides a caring climate
	High Expectations	School/Teacher encourages goal setting and to do the best he/she can
Cultural Sensitivity	Cultural Awareness	Youth has a good understanding and interest in other cultures
	Acceptance	Youth respects others beliefs and is pleased about cultural diversity
	Spirituality	Youth's strong spiritual beliefs/values play an important role in life
Self-Control	Restraint	Believes that it is important for him/her to restrain from substance use
	Resistance Skills	Is able to avoid or say "no" to people who may place he/she at-risk
Empowerment	Safety	Youth feels safe and in control of his/her immediate environment
Self-Concept	Planning & Decision-Making	Youth is capable of making purposeful plans for the future
	Self-Efficacy	Youth believes in his/her abilities to do many different things well
	Self-Esteem	Youth feels positive about his/her self and future
Social Sensitivity & Empathy	Empathy	Youth is compassionate with others and cares about other people's feelings
	Caring	Youth is concerned about and believes it is important to help others
	Equity & Social Justice	Believes in equality and that it is important to be fair to others