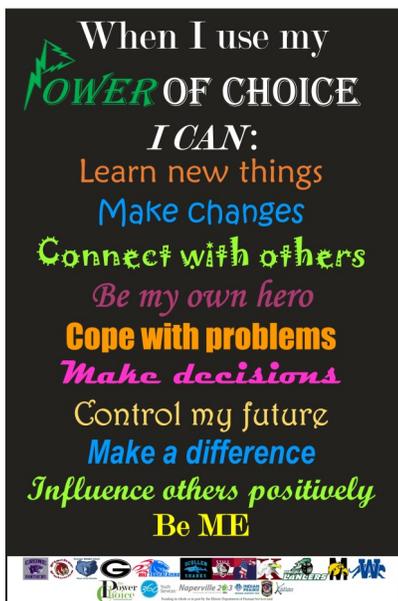


Resilience in Prevention



Resilience is a hot topic with child development experts and it is appearing more in parenting literature. What is resilience and why is it so important? Resilience is the ability of an individual to overcome challenges of all kinds—trauma, tragedy, personal crises, ordinary life problems—and bounce back stronger, wiser, and more personally powerful. We can't protect our children from all of the challenges of life, but by helping them to build and strengthen skills of resilience, we can provide tools they can use to navigate difficulties when they arise.

Studies show that developing and enhancing skills of resilience can prepare and empower an adolescent to take control of his/her life and make the choices that will lead to a powerful, positive, more successful future. Resiliency experts often refer to those skills as “the 7 C’s of resilience”—competence, confidence, connection, character, coping, control and contribution. Each skill builds important qualities that promote and strengthen an individual’s ability to overcome challenges.

This year, the theme for the Power of Choice 6-8th grade campaign is “I CAN.” The “I CAN” statements all correlate with one of the 7 C’s of resilience. Each month, The Power of Choice will highlight one of those skills. Student [posters](#) and [PowerSurge](#) newsletters displayed

throughout the school will introduce the skill for that month. Teachers can use Power of Choice student lessons to reinforce the monthly concepts in the classroom. Parents and families can use monthly [PowerTalk Family Activities](#) to strengthen those skills with all the members of their family at home. Monthly [parent newsletters](#) will provide information and tips regarding each of the skills to support parents as they guide their adolescents toward a healthy future free from alcohol and other drugs.

Use the [Power of Choice website](#) to access current and past Parents Use Your Power newsletters, PowerTalk activities and [resources](#) regarding prevention education, intervention and treatment, and recovery. You can also find us [Facebook](#) and [Twitter](#).

Parents are always welcome to join our [Power of Choice team](#). We have campaigns at both the 6-8th grade schools as well as the high schools in Districts 203 and 204. For information about how you can get involved, contact Dawn Neylon at dneylon@360youthservices.org

Tech Tips for Parents: Technology Boundaries

Phones, apps, video games, TV, Chromebooks—it seems our children are surrounded by technology. They have amazing opportunities to experience the world in exciting ways that we never could have imagined at their age. These opportunities come with important responsibilities for both parents and adolescents. While these bright, young minds may be fully capable of understanding and manipulating the technology they are using, it’s important to remember that they are at a critical stage in their brain development. Without boundaries and limitations with technology use, adolescents can become overwhelmed by the amount and type of information that comes to them *through* their devices. Just as we set boundaries for places our children go and who they spend time with, it is vital that parents remain alert and aware of every step their adolescents take in the cyber world. Set and maintain specific boundaries about the amount of time that your adolescent spends in front of a screen. Be informed about the websites they visit and apps they use. Use monitoring software to assist you. When boundaries are violated, consequences must be strictly enforced to keep our children safe.

While it may feel like they know so much more than we will ever know about technology, they still need the wisdom, experience and guidance that parents provide!

September

Prevention Principle

Resilient individuals make healthier choices about alcohol and drug use.

Conversations that Count

Resilience allows us to overcome challenges and become stronger. Just as individuals can build skills to make them more resilient, families can also build and strengthen skills of resilience that allow them to face challenges together. Use this month’s [PowerTalk](#), [Our Family Portrait](#) to guide a family chat that allows you to take inventory of your family’s existing resilience skills, identify areas you can strengthen and make a plan for building skills together.

ThePowerofChoice.info



Connect with other parents at:
[Power of Choice-Parents Use Your Power](#)