Our Kids Are Not Broken!! They Are Sacred Beings
Part I

The Importance of Resilience in Overcoming Adversity and Restoring Balance

Ken Ginsburg, MD, MS Ed
How do we define success?
Resilience

• The Ability To Overcome Adversity

• The Capacity to Bounce Back
Resilience is a Mindset
Resilience is NOT Invulnerability.
Resilience

is

NOT

inborn

It is affected by supports and circumstances!!!
The Bottom Line

• Young People will be more resilient if the important adults in their lives believe in them unconditionally and hold them to high expectations.

• Young People live up or down to the expectations we set for them.
Trauma impacts physical, emotional, and spiritual well-being
Being Trauma Informed is Healing to Ourselves and Allows Us to Heal Others

Being Trauma Informed Changes the Way We View People . . . And Thus Enables Us to Better Serve
Focusing on **Trauma** or Risk Holds the Potential to Re-traumatize
Finding your buttons
Positive Youth Development Principles
We matter . . .

more than the buildings or the programs.

Kids come for the content, but the context is what heals youth.
Core Principles

Young people need to feel valued. When we see them as the experts on their own lives, youth learn to believe their opinions matter.

Youth are often the best teachers and role models for other young people.
Core Principles

Adults can be instructive and supportive, but children should choose and carry out activities as independently as possible. Nothing discourages mastery more than an adult who steps in and says, “Let me do that for you.”

Adolescents are still capable of healing and do so best when caring adults trust in their capacity to right themselves while offering appropriate support and guidance.
Core Principles

Most behaviors we fear serve as coping strategies that help youth manage uncomfortable stressors. If we help them (starting at very young ages) develop alternative coping strategies, we will diminish their need to turn to worrisome quick fixes.

Youth watch adult behaviors closely and how we model adaptive strategies to stress matters.
Kids live up or down to our expectations, this means our attitude really matters
And they can judge our attitude easily
Problem Free . . .

. . . is NOT Fully Prepared!

Karen Pittman
The Importance of Discipline
The Importance of High Standards

Character
How do we portray youth?
Youth at Risk???
RUDYARD
596 Nice People - 1 Old Sore Head!
RIP SNORTING & RARING for BUSINESS
Problems
or
Problem-Solvers
Problem Solvers！！！！！！

An Intergenerational Strategy
Questions & Answers
Webinar Part II:
Date, Time

Webinar Part III:
Date, Time

Follow-up Conference Call
Date, Time