



Resilient Youth Initiative

Resilient Youth is a research-based program that provides youth and teens with coping skills to reduce stress and build resilience while helping them reach their full potential.

Resilient Youth is a research-backed program--developed by clinicians from the Harvard Medical School, the Child Resiliency Program at Massachusetts General Hospital, and the Benson-Henry Institute. Since its inception, the program has been well received by thousands of educators, and youth of all ages from diverse backgrounds. At its core, Resilient Youth encompasses a comprehensive, yet easy-to-implement curriculum, that provides kids and teens with coping skills to manage stress, build resilience, and reach their full potential.



Better understand and manage emotions



Cope with negative emotions



Relate empathetically and compassionately



Reduce stress and anxiety



Enhance academic performance and work habits



Improve memory and self-esteem



UNITED WAY
Will County

How is the curriculum structured?

The great thing about the program is that each district, school or youth-focused community organization can decide how best to offer this experience to meet the needs of the kids and teens they serve, while best fitting it into their existing schedule and curriculum. This teach-the-teacher program provides staff with mind/body skills and pathways for delivering these interventions directly to kids. Once trained, staff members can teach these skills throughout their careers. The program works to customize the training to the needs of their particular youth population, school or organization. Participants also have the opportunity to receive ongoing support and additional training.

- **The core curriculum includes six 30-45-minute prevention-based resiliency lessons.**
- **Six optional supplemental lessons, providing additional coping strategies.**
- **Planning time for participants, as part of their training.**
- **Short 2-3-minute weekly activities to reinforce lessons.**
- **Participants are encouraged to use teachable moments to connect lessons to real-life experiences.**
- **Organizations can include an overview of the program in their outreach to parents and the community.**

How is the certification training structured?

The Resilient Youth Teach-the-Teacher program brings relaxation response-based coping skills and life management tools to both educators and youth to help them better manage daily stress, and positively impact academic performance, health, and well-being.

The program is an interactive, 6-to-10-hour training that is scheduled in coordination with participating schools and organizations. Training is offered to groups of up to 25 educators. *(Program is also eligible for IL Board of Education Professional Development hours.)*



In addition to an overview of the program, the training allows time for participants to come together to plan for delivery in a way that best meets the needs of their youth population. This is not a one-size-fits-all curriculum – educators have the opportunity to customize their approach and incorporate Resilient Youth into their content areas and other Social-Emotional Learning initiatives.

