



“Trauma-Informed Teaching” Video Series: Related Resources

Episode 5: What is Resilience?

Reflection Questions

1. According to researcher Bonnie Benard, healthy resilience includes traits and skills such as: **social competence** (communication skills, empathy, social connectedness); **problem-solving** (critical thinking, planning, flexibility, asking for help); **autonomy** (positive self-concept, emotional awareness, self-regulation); and a **sense of purpose** (goals, hope, opportunity).

Choose one of these traits: social competence, problem-solving, autonomy, or sense of purpose...

- How do you model this trait for your students?
 - How have your students displayed this trait?
2. Community resilience is critical for the health and well-being of young people.
 - What are some of the challenges your school’s community faces?
 - What is one resource that you wish your school’s community had more of?
 - What organizations in your school’s community provide support and/or enrichment opportunities for young people and families?
 - What are some of the ways your school’s community shows strength and resilience?



Additional Resources

[Foundations of the Resiliency Framework:](#) A helpful article that introduces Bonnie Benard's resiliency research.

[Parental Resilience, Promotive & Protective Factors:](#) This guide created by the Center for Study of Social Policy is designed to help educators and other professionals engage and support parents and families by increasing their access to protective factors.