

Having Resilience Conversations with Young People

There are six areas in our lives where we can promote resilience. HeadStart Kent have developed two tools to help assess a young person's resilience: A Self-Reflection tool and a Resilience Conversation tool.

Both tools are available to download from www.kentresiliencehub.org.uk and are available for use by all practitioners. Training is available on the use of both tools, as well as the theoretical background.

Self-Reflection Tool

Ask young person to complete the Self-Reflection tool

Consider the results. Do you need to have a follow up conversation with the young person?

Yes

Arrange to meet the young at a time that is suitable for them.

Explain that you want to talk through the results and that before you begin, the consent box for sharing needs to be signed.

Discuss the responses ticked 'usually'. Begin to get a feel for the positive parts of the young person's life.

What is it about the statements that has led to 'sometimes' and 'not sure' responses? Can the young person explain their choices?

Identify why the young person has responded 'rarely' to some statements. Is that a fair response? How can the strengths in the young person's life help?

No

Ensure the young person is aware that your door is always open. Offer any appropriate support. Complete the 'STAFF USE ONLY' box on the back of the tool and pass to member of staff responsible for HeadStart data returns.

Talk through offers and identify best approach.

Yes

Would the young person benefit from further support?

Return to the 'usually' responses, ending the conversation a positive.

No

It is important to allow the conversation to flow throughout. The young person should lead the conversation but you may need to prompt with further questions.

Don't overthink the conversation – you are likely to be having these sorts of conversations on a regular basis.