



# The 7 C's Model of Resilience

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## #1 CONFIDENCE

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- Confidence helps teens believe they can thrive. They see failure as an opportunity to grow.
- To build confidence, offer specific praise when teens demonstrate positive character traits.
- Set high but reachable expectations with clear boundaries.
- Notice and encourage the effort teens put into their academic, social, and personal lives.

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## #2 COMPETENCE

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- Competence is having the knowledge and skills to do something successfully and efficiently. Some of these skills include: communication, self-advocacy, peer negotiation, and academics.
- Encourage competence in teens by noticing and building the skills they already have while recognizing which skills they still need to develop.
- Model competency by working through problems with teens and actively listening. Talk **with** them instead of **at** them.

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## #3 CONNECTION

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- Human connection is vital for celebrating good times and recovering from challenging times.
- Be someone that adolescents can come to for help. Provide unconditional love and support and refrain from making quick judgments.
- Allow teens space to grow while still maintaining a close relationship and open communication. Set clear boundaries to guide behavior. These relationships are fundamental and provide stability as teens grow. Relationships with many trusted adults in different parts of their lives is vital to sustain teen growth.
- A solid and loving connection to parents is the most important and protective force in teens' lives that can help counterbalance challenges and stress.

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## #4 CHARACTER

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- Teens with solid character strengths contribute to their communities, have a strong sense of self, and experience secure and healthy relationships as they undergo a critical time of development.
- Give teens space to try new things and discover what they value.
- Teens need space to experiment with new experiences and discover what is important to them.
- Notice and praise children's character strengths, like helpfulness, kindness, and generosity.
- Set a good example for teens. The things parents do and the way they act influence teen behaviors.



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## #5 CONTRIBUTION

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- Giving back gives adolescents a sense of meaning and purpose.
- Making a difference in someone else's life helps teens understand that we serve others out of pleasure, not pity. Knowing this, they will more comfortably receive help when they need it.
- Provide opportunities for teens to volunteer or help others so they aren't afraid to ask for help themselves.

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## #6 COPING

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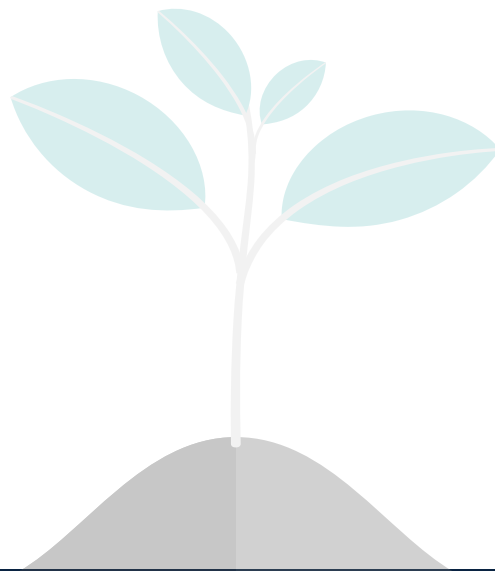
- Stress is a part of life, and how adolescents cope with that stress may have lasting impacts.
- Encourage exercise, journaling, or talking to a trusted adult as healthy ways to cope.
- Model how you deal with stress during challenging times.
- Make stress relief a family affair. Take a family walk or make a meal together to unwind.

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## #7 CONTROL

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- Adolescents need to develop a sense of control over their own lives.
- Balance giving teens independence while maintaining boundaries for safety.
- Allow teens to make their own choices, even if that means making mistakes.



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Established in 2017, **Center for Parent and Teen Communication** is a multidisciplinary team based within the Division of Adolescent Medicine at Children's Hospital of Philadelphia. Center for Parent and Teen Communication offers practical, science-based strategies for strengthening family connections and building youth prepared to thrive. For additional resources, visit [parentandteen.com](http://parentandteen.com). For media inquiries contact Eden Pontz ([pontzee@chop.edu](mailto:pontzee@chop.edu)).