



CENTER FOR PARENT & TEEN
COMMUNICATION

5 Facts About Teen Resilience

1

Resilience is the ability to thrive in both good and challenging times.

- Coping skills, confidence, and connection with others allows teens to rebound from difficult times and positions them to get the most out of life.
- Resilience enables children to be their best selves, experience healthy relationships, and make contributions to their communities.



2

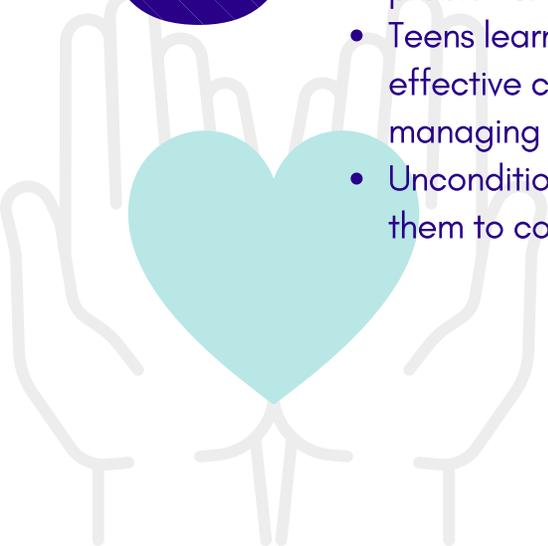
Resilience can be built and nurtured as a part of development.

- Anyone can be resilient. Resilience is built from ordinary human interactions, not extraordinary measures.
- Meaningful support and love from others build resilience in teens.

3

Parents play an essential role in the development of resilience.

- Parents build teen resilience by giving them skills to handle their own problems.
- Teens learn healthy ways to manage stress when parents model effective coping strategies like sleeping, healthy eating, exercising, and managing emotions.
- Unconditional love from parents gives teens the security that allows them to counterbalance and withstand challenges and stress.





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4

Resilience requires flexibility.

- Resilience enables teens to be able to adapt to different situations.
- Parents can prepare teens to handle challenges even when they aren't around.
- Resilience means having the skill-sets to face and overcome obstacles.

5

Resilience is uneven.

- Teens may need additional support from parents and caring adults to bounce back from difficult or traumatic situations.
- Teens may need more compassion, empathy, and understanding from caring adults if they use a lot of energy to face a serious challenge.
- Being resilient does not make one invulnerable. In fact, the energy needed to maintaining resilience in one area may lead to increased vulnerability in other areas.

