



## Supporting Character Strengths to Build Resilience in Teens

Parents can help build resilience in teens by identifying, cultivating and supporting character strengths.

Start by asking yourself:

- Do I discuss with my teens how their behaviors affect other people in positive or harmful ways?
- Am I helping my children recognize themselves as caring people?
- Do I notice their acts of kindness, generosity, and forgiveness?
- Do I listen to them as they clarify their own values?
- Do I encourage them to consider right versus wrong and look beyond immediate gratification or selfish needs?
- Do I value my teens so deeply that they learn in my home about the importance of caring for and about others?
- Do I value my community?
- Do I help foster in them a sense of spirituality?
- Am I clear how I regard racist, bigoted, uniformed, ethnic, or hateful statements whenever and wherever teens are exposed to them?
- Do I express how I think of others' needs when I make decisions or take actions?
- Do I encourage tenacity and grit?
- Do I help them think about how thoughtfulness and planning can pay off later?
- Am I a good neighbor?
- How do I treat strangers?

*Adapted from Ginsburg KR, Jablow MM. Building Resilience in Children and Teens: Giving Kids Roots and Wings. 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2014*