



Bouncing Back – What is Resilience?

Adverse childhood experiences, such as experiencing abuse, trauma, and other stressors, can have a profound impact on a child's development. While we know from research that experiencing adversity can increase your risk of developing mental health conditions like anxiety and depression, we also know that humans, even children, have a unique capacity to overcome challenges. Children are **resilient** – they can adapt and cope with hardships. The important thing to remember about resilience is that resilience is not something you are born with, nor is it an innate trait. Instead, resilience can be **learned and strengthened!**

Multiple research studies have identified factors that can help children (and adults!) in the face of significant adversity. Some of these include having:

(1) Strong caregiver-child relationships. One of the most important relationships your child will have is the one they develop with you! As a caregiver, you are their first line of defense during times of stress. To help remind your child that you are there for them and are a person they can lean on during times of stress, we encourage you to spend time with your child, engage in their interests, empathize with their concerns, try to really hear their perspective.

(2) Meaningful friendships. As children transition from childhood to adolescence, peers become an important and influential part of their identity. Friendships also provide children with a sense of belonging outside their family unit. Having high quality, positive friendships help guide positive social and emotional development and provides another support system for your child to lean on when they are struggling.

(3) Community or cultural ties. Research has found that having strong community and cultural ties is associated with positive outcomes. This may be especially true for children of color, gender minority, and other marginalized youth who face unique stressors. Connecting with others who hold a shared identity can promote resilience and positive outcomes by providing youth with a sense of belonging and stronger sense of self.

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Check out the page below for **resilience** and **community** resources!

Click [here](#) to tell us what topics you want covered in future newsletters!

Please reach out if you have any questions, comments, or concerns regarding The WHALE Study. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588

Find us on Twitter: [@circlelab_unc](#), Instagram: [circlelab_unc](#), and [Facebook!](#)

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While it is not possible to shield your child from all challenges, you can help show your child that they are resilient and are capable of getting through tough challenges with the help of others. It is also important to remember that all people have **strengths** – whether that is in the form of a talent, like dance or art, a special interest they have, like photography, or an interpersonal skill they are really great at, like listening. Consider and emphasize the useful skills they may be gaining from *any* activity they enjoy (e.g., learning problem-solving and persistence from playing video games!) Pointing these strengths out to your child can help remind them that even though they have faced significant challenges in their life, they have a lot to offer to the world.

RESILIENCE RESOURCES

- Click [here](#) to read more about resilience and watch a short video titled, “What is Resilience?” (2:22)
- Use [this list](#) to help identify different types of strengths in your child
- Check out your local public library calendar for a wide variety of enriching family events:
 - [Alamance County Public Library](#)
 - [Chapel Hill Public Library](#)
 - [Chatham County Public Library](#)
 - [Durham County Public Library](#)
 - [Wake County Public Library](#)

COMMUNITY RESOURCES

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
 - Eviction Information: 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- **Social Services:**
 - [Durham County](#)
 - [Orange County](#)
 - [Wake County](#)

FOOD & GROCERIES

- [Food Bank of Central & Eastern North Carolina](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you.
- **Free/Reduced Price School Meals:**
 - [Chapel Hill-Carrboro City Schools](#)
 - [Durham County](#)
 - [Wake County](#)
- **Food Resources by County:** [Orange County](#) (Updated Nov. 2022), [Durham County](#), [Wake County](#)

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122 (24/7 Domestic Violence Hotline)
- [Durham Crisis Response Center](#)
 - 919-40-6562 (24-hour Help Line)
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501 (Main office)
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call), 919-967-7273 (text)
- [Freedom House](#)
 - 866-275-9552 (Orange/Person County Mobile Crisis)
 - 919-957-7386 (Durham Women’s House)
 - 336-599-8366 (Roxboro)
- [Suicide & Crisis Hotline](#): call or text 988
- [Hope4NC Helpline](#): Call or text “hope” to 1-855-587-3463
- [24/7 Crisis Text Line](#): Text HOME to 741741

CHILDCARE

- [Childcare Payment Assistance](#)
- [CCSA Child Care Scholarship Program](#)
- [NC Pre-K](#): state-funded, part-day preschool program
- [Durham Pre-K](#): 1-833-773-5338
- **Child Care Subsidy Programs:**
 - [Alamance County](#): 336-570-6532
 - [Durham County](#): 919-560-8300
 - [Orange County](#): 919-968-2000
 - [Wake County](#): 919-212-7000
- [Child Care Referral Central \(CCRC\)](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy Kids](#)
- [PBS Kids](#)