

*From National Education Association
Health Information Network*

Embracing Resilience in an At-Risk World

Discussion Guide:

- What's your own, personal definition of resilience?
- Brainstorm, on your own and with your colleagues, a definition of resilience for your school
- Identify at least one protective factor that exists for school staff
- Identify at least one protective factor that presently exists for students at your school
- How can you use that protective factor to enhance resilience for yourself and among your students and colleagues?