

A large, stylized sunburst graphic with many rays emanating from a central white circle, filling the upper half of the page.

# RESILIENCE FRAMEWORK

# Introducing The Resilience Framework and Resilient Moves

## A path towards...

### Resilience. What's that?

Lots of answers to that question! If you 'googled' resilience you would find answers about elastic bands or bouncing balls or the strength of metals and other materials and ... well, you get the picture.

**Resilience** is often linked to phrases like "*bouncing back*" or "*onwards and upwards*". Displaying 'grit' and 'determination' in the face of adversity with little discussion about how to even get to that state of mind, when you feel you are at your lowest point.

But for us, resilience is NOT simply about "*maintaining a stiff upper lip*". It is about understanding how our circumstances can affect the way that we feel about ourselves, how to make meaningful changes to our lives and how to build on our core strengths, so that we find it easier to cope during tough times.



Resilience is something that we all have a role in supporting: within the family, school and the wider community. Which is why we are proud to introduce the Resilience Framework.

**We believe it can help us to make things better for all children and young people across Cornwall.**

## The RESILIENCE FRAMEWORK

The Boing Boing **Resilience Framework** and the Resilient Moves that make up the framework are a way to help us share a positive and practical description of resilience, along with some practical tools for young people, families and schools.

**The Resilience Framework is divided into five pillars.**

**Within each pillar, there are Resilient Moves.**

**Each move is a positive suggestion that when applied to your daily life, will help you to feel more Resilient.**

You don't have to start at any particular point - starting anywhere will be a good move and, wherever you start is likely to have a knock-on effect and build other areas of resilience.

**We hope that by sharing this leaflet across Cornwall we can encourage everyone to become more resilient, one step at a time.**

**Check out the following pages for tips, links and contact details where you can find out more!**

# RESILIENCE FRAMEWORK

## BASICS

Good Housing  
 Money to live  
 Being safe  
 Access to transport  
 Healthy diet  
 Exercise and fresh air  
 Enough sleep  
 Play and Leisure  
 Mutual respect and freedom from judgement

## BELONGING

Somewhere to belong  
 Find your "place" in the world  
 Tap into good influences  
 Keep relationships going  
 Foster healthy relationships  
 Make the best of the relationships you do have  
 Get together a support network you can rely on  
 Uphold Responsibilities and obligations  
 Focus on good times and places  
 Understand what has happened in your life  
 Think positively about new experiences  
 Make new friends

## LEARNING

Try your best at school, college or work  
 Accept guidance from mentors  
 Plan for your future  
 Be organised  
 Recognise and celebrate your achievements  
 Develop new life skills

## COPING

Understand right from wrong  
 Be brave when needed  
 Be a problem solver  
 Keep a positive outlook: put on positivity glasses!  
 Make time for the things you enjoy  
 Know ways to calm down and feel better  
 Remember "tomorrow is a new day"  
 Lean on others when you need to  
 Have a laugh!

## CORE SELF

Be hopeful  
 Understand other people's feelings  
 Know and understand yourself  
 Take responsibility for yourself  
 Nurture your talents  
 Make use of local services when help is needed

## NOBLE TRUTHS



'Resilience Framework (Children and Young People) Oct 2012 – Boingboing, adapted from Hart and Blincow with Thomas 2007'.

## Pillar 1: BASICS



Basics means ensuring the necessities needed for life are in place: like food, sleep, exercise, money, housing, a safe space and the right to be free from prejudice and discrimination.

*A Shannon Class Lifeboat is the icon for BASICS, in tribute to all of the RNLI Lifeboat Stations across our Cornish Coastlines that keep people safe when lost at sea.*



## Pillar 2: BELONGING

Belonging is all about encouraging good relationships, concentrating on positive times and places, feeling connected to your local area and having people in your life you can count on.

*BELONGING's icon is a Tin Mine: representing both the Geevor Tin mine in Pendeen and South Crofty in Pool and Camborne. Cornwall is rich with remnants of it's mining heritage, which reminds us of those who shaped our landscape.*

## Pillar 3: LEARNING



Learning refers to having opportunities inside and outside of school or work to develop interests, talents and life skills, including mapping out or having a view of the future.

*The Eden Project represents LEARNING, linking both the importance of education and Cornwall's interest in protecting our environment for future generations.*



## Pillar 4: COPING

Coping is about developing the skills needed to manage the knocks of everyday life, like problem-solving, staying calm and leaning on others if needed.

*The image of a parade is our Icon for COPING. Through sharing our love of art, music, theatre, dance and folk festivals, we promote a sense of community spirit, connect with others and improve our mental well-being*



## Pillar 5: CORE SELF

Core Self means to develop those qualities that help children, young people and families to develop a strong sense of themselves, including ways to build and nurture their confidence, self-esteem and character.

*ARTHUR, one of the world's first Satellite communication dishes of Goonhilly Earth Station is our icon for CORE SELF. What better represents looking towards the future than our very own Spaceport that will be the UK's gateway to space?!*

## What Are The Noble Truths?

Over the Centuries, St Michael's Mount has endured Wars, stormy seas and even a Tsunami! Yet still stands tall to this day. A beloved sight to Cornish locals and visitors alike, we think this makes it the perfect icon to represent the **The Noble Truths**:



The Noble Truths are 4 principles that describe key values that underpin every pillar of the Resilience Framework.

These fundamentals are an important starting point. Try to keep them in mind and think about how they could apply your life.

**Accepting:** Accept who, what and where you are in your life in the present, regardless of whether you are in a good or a bad state.

**Conserving:** Holding onto relationships, routines and activities that make you feel positive throughout your day-to-day life.

**Commitment:** Continuing to try your best and encouraging others to do the same, even through difficult and challenging times.

**Enlisting:** Being aware of how to get the right support, at the right time, from the right people and organisations that are there to help you

## Who created the Resilience Framework?

The Framework was put together by Professor Angie Hart with parents, practitioners and young people using research about things that have a huge influence on how resilient a person will be. It continues to be used by around the UK and across the world.

If you'd like to know more about their work including practical ways to apply these ideas please visit [www.boingboing.org.uk](http://www.boingboing.org.uk). You can also find versions of the framework in many other languages, representations co-produced by young people, as well as an Interactive Resilience Framework and a Resilience Framework for Adults.

**There is also a Blank Resilience Framework, so why not use that as a guide and design your very own, personalised Framework?**

We also want to thank our friends at **HeadStart Blackpool** for inspiring us with their own #ResilienceRevolution ! You can check out their campaign at [www.resiliencepathway.co.uk](http://www.resiliencepathway.co.uk).



## Want to know more?

For more information about Resilience and how to get involved locally, visit:

[www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk)

**START  
NOW**

On the Start Now website you will find all sorts of tips and activities created by and for young people, the latest news and events, as well as information for parents, teachers and carers.

You can reach us by email at:  
[headstartyouth@cornwall.gov.uk](mailto:headstartyouth@cornwall.gov.uk)

## Get Involved!

Join Cornwall's campaign to boost Resilience by following us on social media:



Remember to use **#HSKResilience & #ResilienceRocksKernow** to share your tips with others - Good Luck!

## Get Connected with a FREE Connect Card

Young people in Cornwall wanted a quick way to find information about emotional health and wellbeing. Something small and simple that could be kept handy in a wallet or phone case or on a key ring. So they invented, designed and created the **The Connect Card**.

The Connect Card is available in schools, libraries and youth centres. Just scan the Connect Card's QR Code to get:

**Information about wellbeing and mental health**

**Info about fun stuff in your local area**

**free stuff & competitions**

**Ways to 'get involved' and have your voice heard about the things YOU care about!**



For more information, visit:  
[www.startnowcornwall.org.uk/connect-card](http://www.startnowcornwall.org.uk/connect-card)

## Are you ready to become a Resilience Hero?

Resilience Hero is an edutainment game developed by Luke and Hannah Anastasi, with HeadStart Kernow and Cornwall Council.



You play as a young person who has just moved to Frogsmouth: A Fictional town on the Cornish Coast.

Armed with the Resilience Framework and aided by your talking dog, you spend a year making new friends, rising to meet new challenges and discover your strengths as you become the ultimate *Resilience Hero!*

- A calm, interactive visual novel to learn about resilience.
- Easy access to the Resilience Framework from within the game.
- Complementary teaching materials for school and parent use.

Keep an eye out online for the hashtag **#ResilienceHero** when we launch in Autumn 2021!