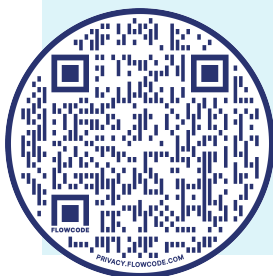


**Parent Events to Introduce Resiliency  
Florida Initiative and Resources:  
A PLANNER FOR SCHOOL LEADERS**

Florida is helping students become resilient when faced with challenges. **The Florida Department of Education is requesting that districts and schools host parent events to introduce the Resiliency Florida initiative, Resiliency Coach volunteer opportunity and parent resources to reinforce resiliency skills at home.**

**11 Resiliency Characteristics**

- Empathy
- Citizenship
- Critical Thinking & Problem Solving
- Grit
- Gratitude
- Honesty
- Responsibility
- Mentorship
- Perseverance
- Responsible Decision-Making
- Self-Awareness & Self-Management



Scan the QR Code  
to Learn More About  
Each Resiliency  
Characteristic or Visit  
[www.BuildResiliency.org](http://www.BuildResiliency.org)

**BACKGROUND**

- ★ The Florida Department of Education developed parent resources to promote resiliency and encourage family conversations on these important topics for students of all ages.
- ★ Resiliency Florida is a groundbreaking initiative focused on reframing mental health education to focus on resiliency and hope.
- ★ The K-12 Resiliency Education Standards are intentionally designed to impart the value of resiliency skills, such as responsibility, problem-solving and gratitude.
- ★ Building resiliency helps students gain the skills necessary to overcome life's inevitable challenges.
- ★ Each parent resource includes definition(s) of the characteristic(s); information to help children learn, practice and demonstrate the characteristic(s); and sample dinner table conversation topics or activities for the home.
- ★ To encourage Resiliency education, parents and grandparents can train to become Resiliency Coaches. Resiliency Coaches serve in Florida schools as trusted adults who mentor students and encourage them to practice resiliency skills.
- ★ Resiliency Florida has a dedicated website (**BuildResiliency.org**) with additional resources. Please check back frequently for updated content to support students in building resiliency!

**Sample Schedule for Resiliency Florida Parent Introduction Event**

