



At-A-Glance Teachers' Guide for Resiliency Posters for Grades 6-12

It is in the shelter of each other that the people live. – Irish proverb

The ups and downs of life make resiliency a required ingredient for school success. Crisis, trauma and loss situations present us, as individuals and communities (including classrooms and schools), with opportunities to develop our capacity for resilience. How can you, as an educator, contribute to your students' resilience, so they can learn and achieve even when life's challenges threaten to interfere? Both individually and through the social/emotional climate you create at school, you can help your students to bounce back and, even, grow.

With support from the US Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA), the NEA Health Information Network created this series of five (5) posters for grades 6-12. These posters are not intended for clinical counseling use. Please be sensitive to students' reactions and be prepared to contact a school counselor with any concerns or refer students to counseling should they reveal sensitive information.

This poster series presents, in a form suitable for middle and high school students, material presented in our pamphlet for adults, [Dealing with trauma and loss: Practical strategies for enhancing resilience](#). Please read this pamphlet before using these posters as it serves as an informative and important reference. Each of the five posters parallels, for adolescents and teens, each of the five strategies we present in our adults' pamphlet:

Poster Messages

#1

It's normal to feel abnormal
during traumatic times.

Stress Symptoms: sleep loss,
forgetfulness, anxiety, tension,
frustration, distrust, emptiness apathy.

#2

Create a plan
for when times are
larger than life.

#3

Get media wise. Think about what you
consume.

#4

See change as an opportunity for growth.

#5

Be gentle not judgmental. Healing takes
time.

Pamphlet Strategies

#1

Recognize that stress "symptoms"
can be normal reactions
to an abnormal situation.

#2

Create a plan of action for times when
there's more to process than your
processor can handle.

#3

Get media wise – choose your news.

#4

Give yourself permission to not know all
the answers.

#5

Be gentle with yourself and others.