

# 7 Cs of CHILD RESILIENCE



## COMPETENCE

Competence is the feeling of knowing that you can handle a situation effectively.



## CONFIDENCE

Confidence is the solid belief in one's own abilities. It is derived from competence; children gain confidence by demonstrating their competence in real situations.



## CONNECTION

Developing close ties to family & community creates a solid sense of security that helps lead to strong values and prevents destructive paths to love and attention.



## CHARACTER

Character is based on the development of a solid set of morals & values to determine right from wrong and to demonstrate a caring attitude toward others.



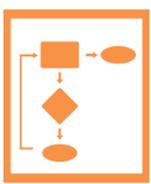
## CONTRIBUTION

Understanding the importance of personal contribution can serve as a source of purpose and motivation.



## COPING

Children who learn to cope effectively with stress are better prepared to overcome life's challenges.



## CONTROL

Children who realize they can control the outcomes of their decisions are more likely to realize that they have the ability to bounce back.