Nurturing Resilience: The Impact of Social and Physical Environments on Positive Development in Conditions of Adversity

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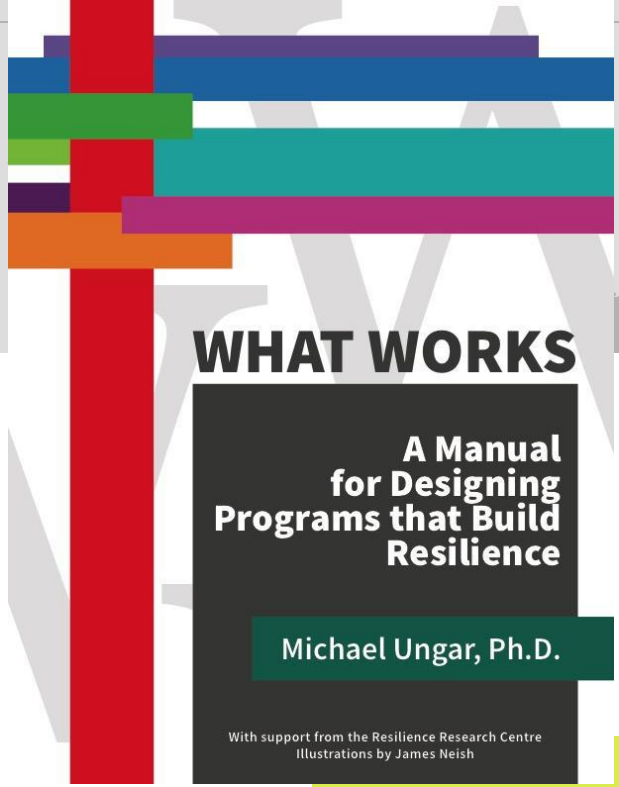

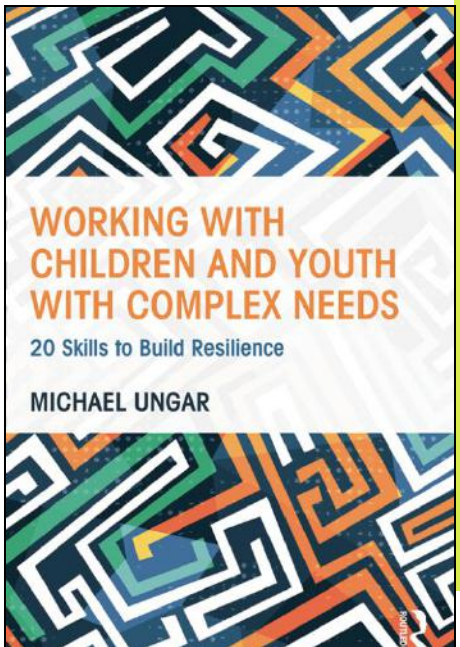

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Project EARTH, Botswana

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"You can't stop the waves but you can learn to surf"
--John Kabat-Zinn

It's easier to learn to surf if you have a surfboard, a coach, and a lifeguard

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A Practical Definition of Resilience

- In the context of exposure to significant adversity,
- resilience is the capacity of individuals and groups to *navigate* their way to the psychological, social, cultural, and physical resources that sustain their wellbeing, and…
- their capacity to *negotiate* for these resources to be provided…
- in culturally meaningful ways.

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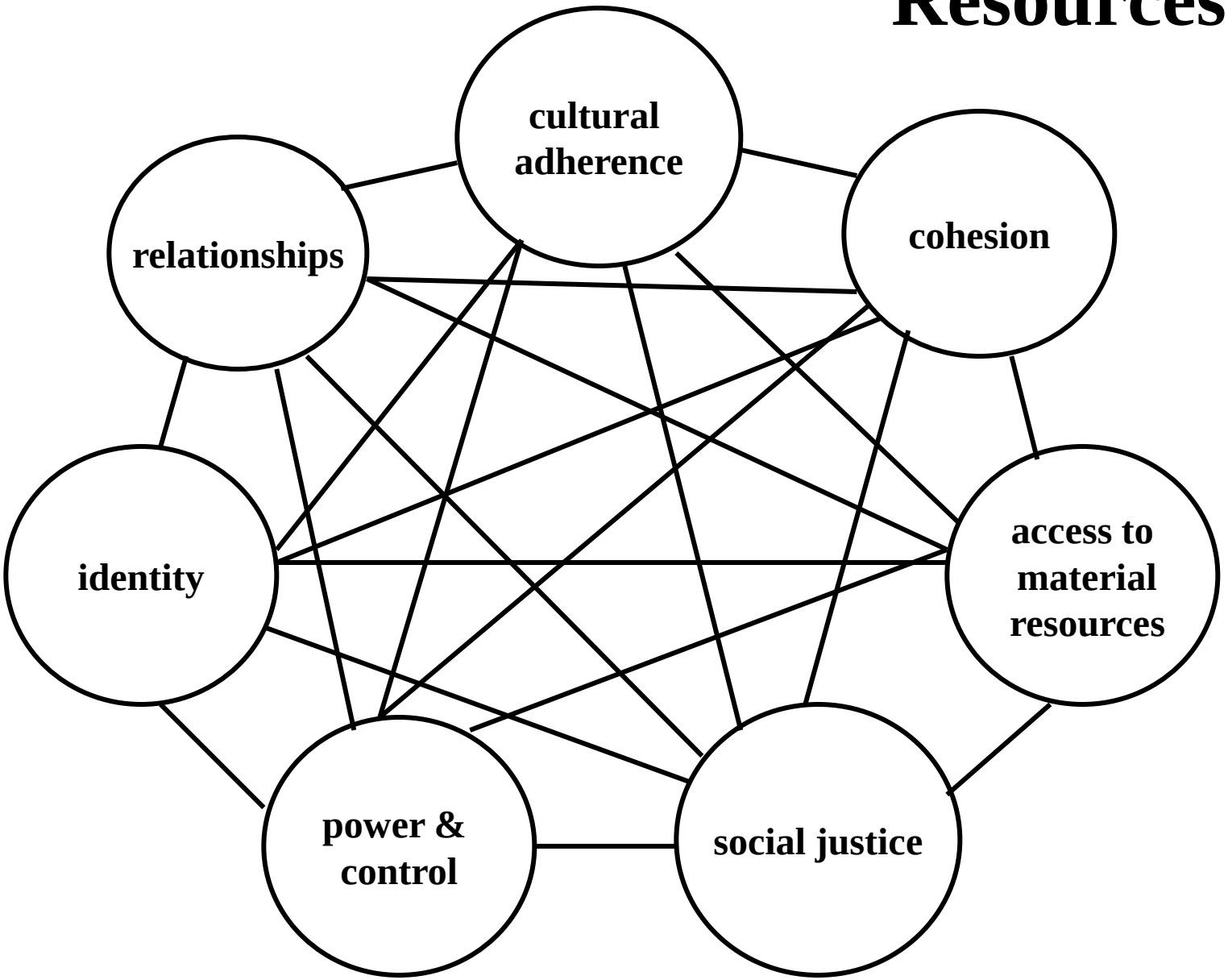
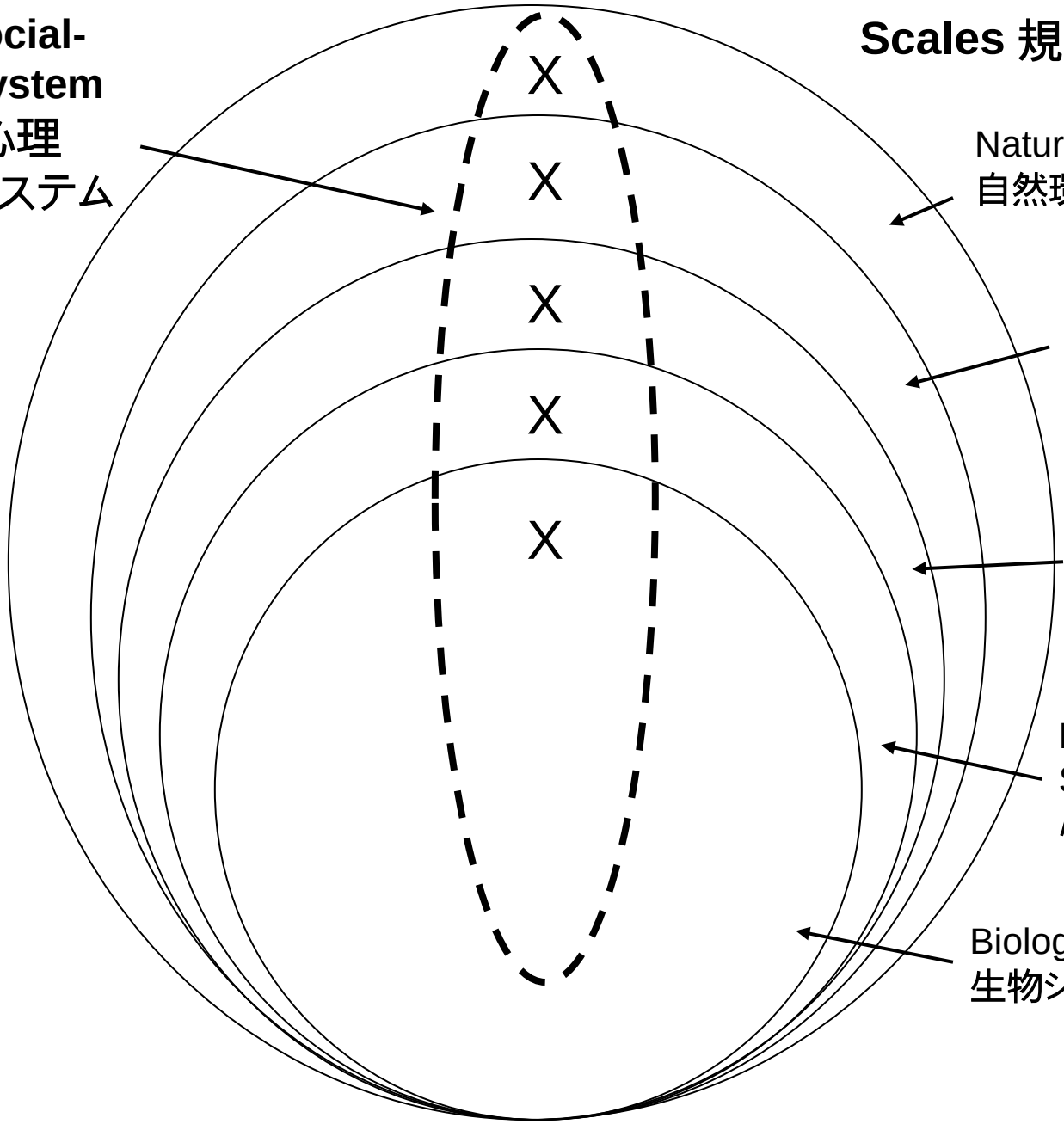
Seven Resilience Resources



© Disney

Complex Biopsychosocial-ecological System
複雑な生物心理社会−生態システム



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Gulval School, UK

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The Child and Youth Resilience Measure

- Available at no charge at:
  - http://cyrm.resilienceresearch.org/

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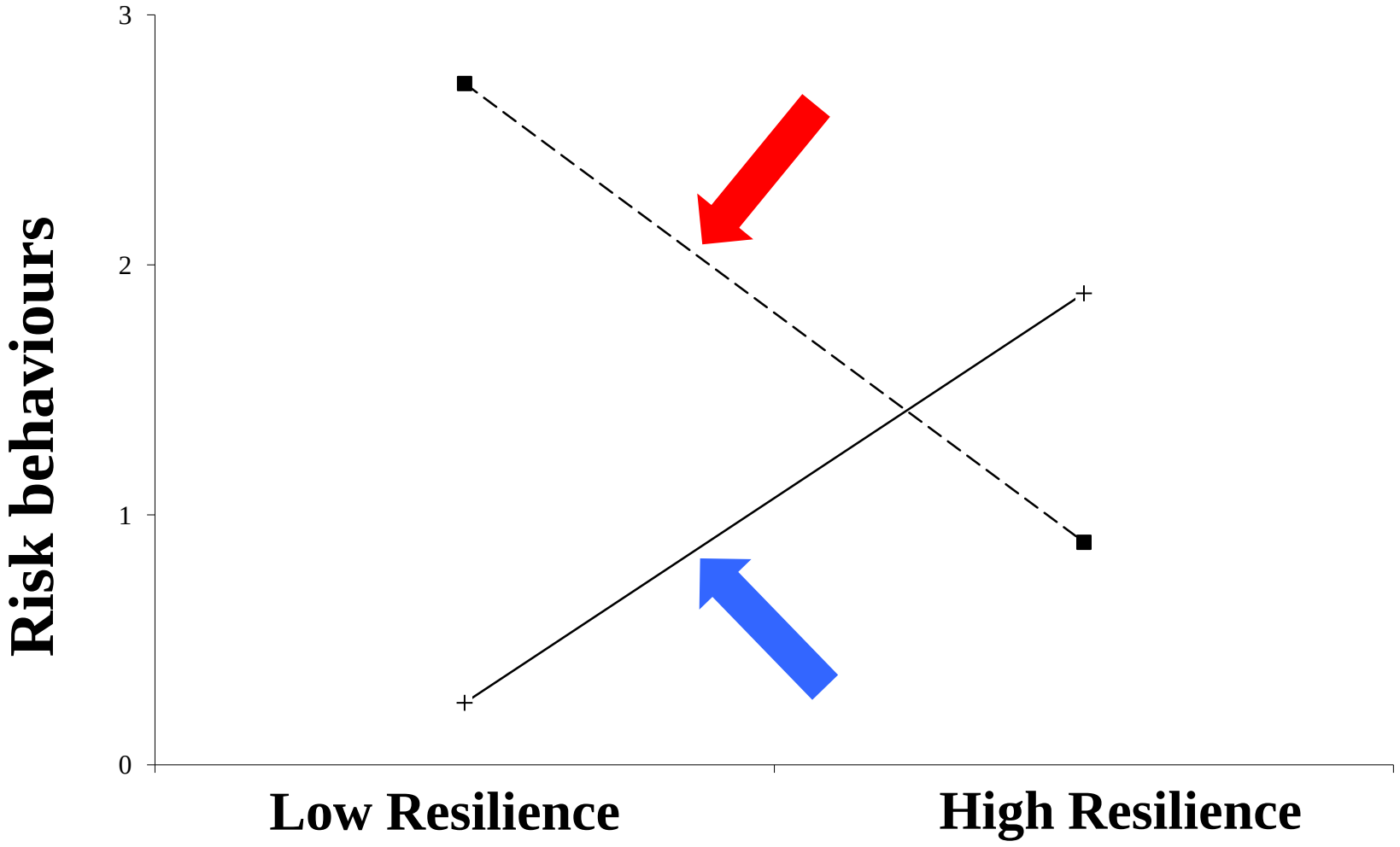
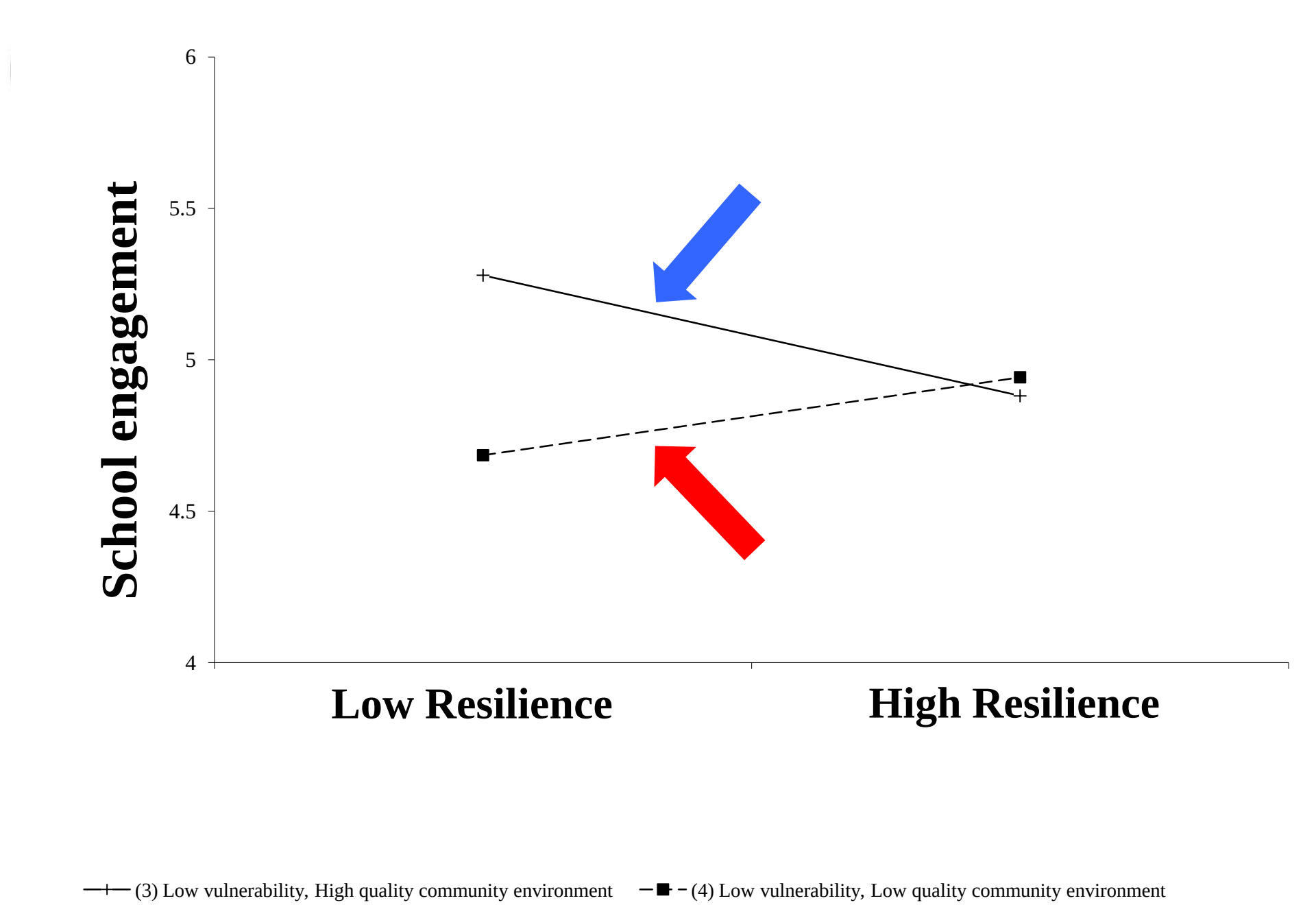
Differential Impact

- A resource may have a positive (or negative) impact at lower levels of risk exposure but a negative (or positive) impact at higher levels of risk.



4-wave study of 11-22 year old youth (M_{W1} = 14.5, SD_{W1} = 1.5) from Atlantic Canada (n_{W1} = 839, n_{W2} = 499, n_{W3} = 480, n_{W4} = 444)


School engagement
6
5.5
5
4.5
4
Low Resilience
High Resilience
(3) Low vulnerability, High quality community environment
(4) Low vulnerability, Low quality community environment

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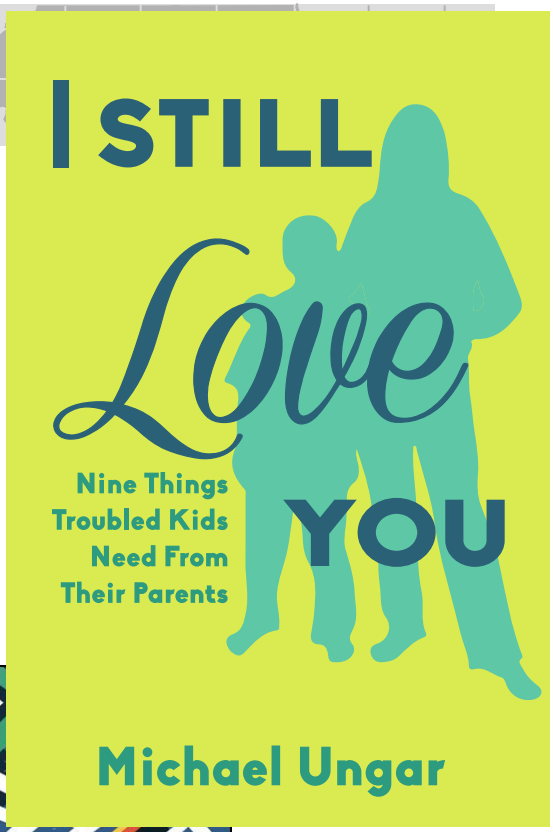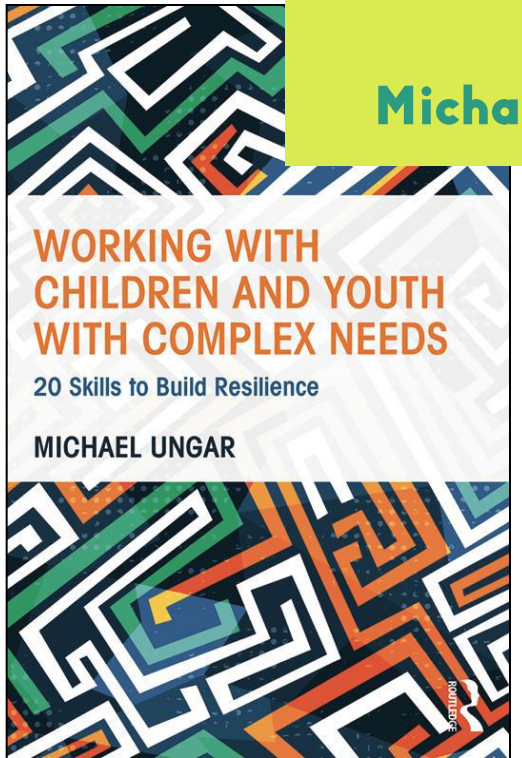
Thank you!