



**Langston Hughes Middle School**  
**You belong here!**

**Developing Your Child's Resiliency**

# What is resilience?

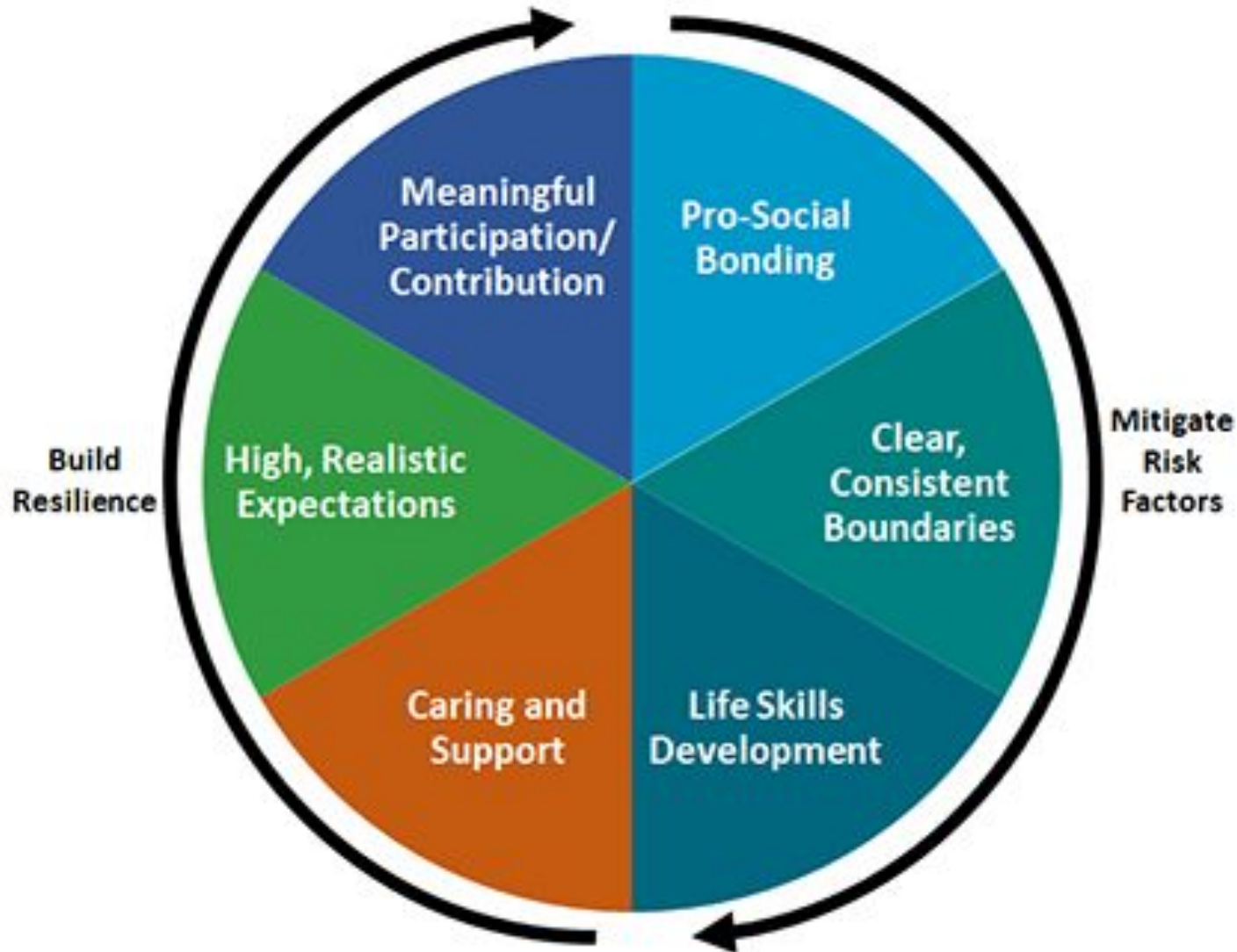


- The capacity to overcome adversity by responding in healthy and productive ways to successfully meet life's challenges
- Critical to student success and enjoyment in life
- Requires time and intentionality

***“The only thing that is constant is change”***

-ancient Greek philosopher Heraclitus

# Building Resilience



# Building Resilience



1. **Care and support:** Give youth **unconditional positive regard**, kindness, love and encouragement.
2. **High expectations:** Communicate to youth the belief that **they can be successful**.
3. **Meaningful participation in their life:** Provide youth with the **responsibility and chance to demonstrate their competence** and eagerness to contribute and give back to others.
4. **Pro-social activities:** Help connect them to **extracurricular activities** and to caring, trusted, and supportive adults.
5. **Boundaries:** Provide youth with **clear guidelines on the expectations of behavior** and apply appropriate and consistent consequences.
6. **Life skills:** Provide youth with the **independent skills needed to navigate through the challenges of life**; these include social, problem-solving, and coping skills. Model and encourage healthy life choices.

# Three to Succeed



The Fairfax County Youth Survey shows that children and teens with **three or more** protective factors are more likely to:

Manage stress

Make better choices

Develop healthy habits

*The many factors that help children and teens succeed include:*

- ✓ **Having parents or guardians who are available to help**
- ✓ **Participating in after-school activities**
- ✓ **Having adults in the community to talk to**
- ✓ **Accepting responsibility for their actions**
- ✓ **Having teachers who recognize and praise good effort**

Learn *all* of the factors that matter at [fairfaxcounty.gov/youthsurvey](https://www.fairfaxcounty.gov/youthsurvey).

# Resilience Building Activities



- **Storytelling**
  - Re-create the narrative
- **Open Door/Closed Door**
  - Examine multiple results of negative events
- **Strengths and gifts**
  - Help students reflect on all they have to offer

Additional details can be found at:  
[Positive Psychology](#)

# Family Resources



## [FCPS Multilingual Podcasts](#)

Listen and subscribe to a FCPS Multilingual Family Podcast to hear timely, important information related to school news.

## [Health, Mental Health, and Community Resources](#)

Information on health, including mental health, medical care, and other community resources is available

## [Healthy Minds Fairfax](#)

Healthy Minds Fairfax coordinates a full range of mental health and substance abuse services for children and youth across multiple county agencies, the school system and private treatment providers.

## [Mental Health and Resiliency](#)

Helping students to manage stress, make better choices, and develop healthy habits.

# Langston Hughes Student Services



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