

REsilIENCE '4' LIFE (early secondary)

Resilience 4 Life is a social, emotional, learning programme designed to be part of the Health & Wellbeing curriculum for S2 pupils. Developed by Highland Council it follows on from Resilient Kids which many Falkirk primary schools have received training for.



The stories are about a diverse group of teenage friends experiencing different things in their lives. It encourages young people to develop empathy and understanding as well as thinking through situations and joint problem solving. Each session contains a story, activities and a relaxation activity. The aim is that young people will work cooperatively and begin to think about their own resources in terms of social and emotional problem-solving skills and develop these for use in their lives ahead.

Session 1 – Amy who is dealing with a new stepfamily and a new school.

Session 2 - Sam who feels abandoned by his best friend and left out.

Session 3 - Liam caught up in jealous rumours and how to repair relationships.

Session 4 - Hannah finds herself in a controlling relationship, the victim of drunken photos. This leads to an activity and discussion around consent.

Session 5 – Jade is supporting Hannah with a controlling and abusive boyfriend. Issues covered are around trust and being a good friend.

Session 6 - Ryan. Exploring abusive behaviour. How to vent safely and how to respond when someone ends a relationship with you.

Session 7 – Zoe feels she let her friend down. Looking after yourself and your friends.

Session 8 - Scott – how do you know when you are attracted to someone. How to support your friend's happiness.

Session 9 – Letter from Adem. This encourages young people to consider what kind of person they are and the journey they are on.

Suitable for staff working with young people. Learn more about this and have access to the materials by attending R4L training on the CPD calendar.