Strong not Tough
Building Resilience in Families and School Communities

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Thank you to...
• All children, families and professionals in Australia and worldwide using the Friends Programs in schools and clinics
  • My family
  • Pathways staff
“The very motion of our lives is towards happiness”

The Dalai Lama

We know...

- Prevalence
- Who seeks help
- Need for prevention
- Human Capital Investment
Obesity /early onset diabetes and anxiety/depressive disorders will be more prevalent in western countries than any other health problem in the next 30 years.

(World Health Organisation conference, 2011)

Resilience is the ability to bounce back in the face of adversity
We can feel empowered by learning RESILIENCE skills which are EASY to implement at home, school, communities – across the life span.

Risk and Protective Factors for Human Development

Risk Factors:
- Temperament
  - Physiological sensitivity
- Neurological/brain development
- Life Events traumas

Protective Factors:
- Attachment
- Attention style
- Cognitive style
- Support Networks
- Health Factors
- Prevention programs
Resilience Models

Emotional Development

- Exercise, Health
- Food, Sleep
- Neuroplasticity
- Emotional & Social Skills
- Family- Communities Citizenship

Pathways Health and Research Centre

Group Sessions ➔ Training

School Talks/Se minars ➔ FRIENDS Licensing
Examples of Activities:

- [http://www.youtube.com/watch?v=GWzJlfJoWFJ](http://www.youtube.com/watch?v=GWzJlfJoWFJ)

Parent Testimonial

- [http://www.youtube.com/watch?v=ibM6l6DOFmU](http://www.youtube.com/watch?v=ibM6l6DOFmU)
Teacher Testimonials:

- [http://www.youtube.com/watch?v=bd6ATuBoBeQ](http://www.youtube.com/watch?v=bd6ATuBoBeQ)

Student Testimonials:

- [https://www.youtube.com/watch?v=vvATRfS5lm0](https://www.youtube.com/watch?v=vvATRfS5lm0)
What we need to do:

PARADIGM CHANGES

LIFE LONG RESILIENCE

Our new address

Suite 7, Level 1, 88 Boundary Street, West End

Directly opposite the NAB bank – above the Grill’d Restaurant
Resources

- The Happy Movie.com
- The Brain that Changes itself – Norman Doidge, 2008
- The Sweet Poison Quit Plan: Sugar the Sweet Poison, Big Fat Lies – David Gillespie, 2010
- Unlikely Friendships - Jennifer Holland, 2011
- Adult Resilience: Strong Not Tough - Paula Barrett, 2012
- Friends for Life – Paula Barrett, 2012
- Fun Friends – Paula Barrett, 2012
- Act With Love – Russ Harris, 2012
- Last Child in the Woods – Richard Louv, 2010

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Thank you

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