

BRiTA Futures

Building Resilience in Transcultural Adolescents

OUTLINE OF THE PROGRAM

| AIMS OF THE SESSION: | | |
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| 1 | <i>Resilience in Our Multicultural Classroom.</i> | <ul style="list-style-type: none"> ◆ To introduce the concept of culture ◆ To introduce the concept of resilience ◆ To relate resilience to major life changes such as migration and acculturation |
| 2 | <i>Cultural identity & Life Experience: Making Me Who I Am.</i> | <ul style="list-style-type: none"> ◆ To understand and appreciate similarities and differences across cultures ◆ To gain an understanding of personal strengths derived from culture and experience |
| 3 | <i>Building Empowerment: Self-talk and Self-esteem</i> | <ul style="list-style-type: none"> ◆ to learn about how habits shape our thoughts, feeling, and beliefs about ourselves ◆ To learn new culturally appropriate strategies for building self-esteem and managing self-talk |
| 4 | <i>Building Social Competencies: Understanding Cross-Cultural Communication</i> | <ul style="list-style-type: none"> ◆ to learn about ways emotions are expressed across cultural groups ◆ To learn skills for building positive cross-cultural relationships ◆ To be able to recognise and express feelings appropriately and learn skills to manage difficult feelings ◆ To develop an optimistic outlook |

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| 5 | <i>Social Competencies: Resolving Conflict & Coping with Challenges</i> | <ul style="list-style-type: none"> ◆ To introduce the communication process and different styles of communicating (passive, aggressive & assertive) ◆ To gain an understanding of the nature of conflict, stages of conflict and conflict triggers ◆ To understand how cultural factors contribute to conflict, and explore ways to resolve these |
| 6 | <i>Making Life Fun: Beat Stress & Build Optimism</i> | <ul style="list-style-type: none"> ◆ To understand stress and its effects ◆ To build skills for coping with stressful life events ◆ To learn about the value of humour and laughter ◆ To understand the concept of optimism and how to apply it to stress management |
| 7 | <i>Family & Friends: Staying Strong with Positive Relationships</i> | <ul style="list-style-type: none"> ◆ To explore ways in which we are influenced by family patterns of communication and family traditions ◆ To build strategies for establishing peer networks across cultures ◆ To learn about “community” and finding one’s place |

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| 8 | <i>Bouncing Back After Hard Knocks: How to Stay Resilient Throughout Life</i> | <ul style="list-style-type: none">◆ To identify sources of strength, such as spirituality and rituals◆ To begin to look at decision making and how values influence this◆ To further develop an understanding of resilience and ways to build it◆ To review the learning and skills gained throughout the program |
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