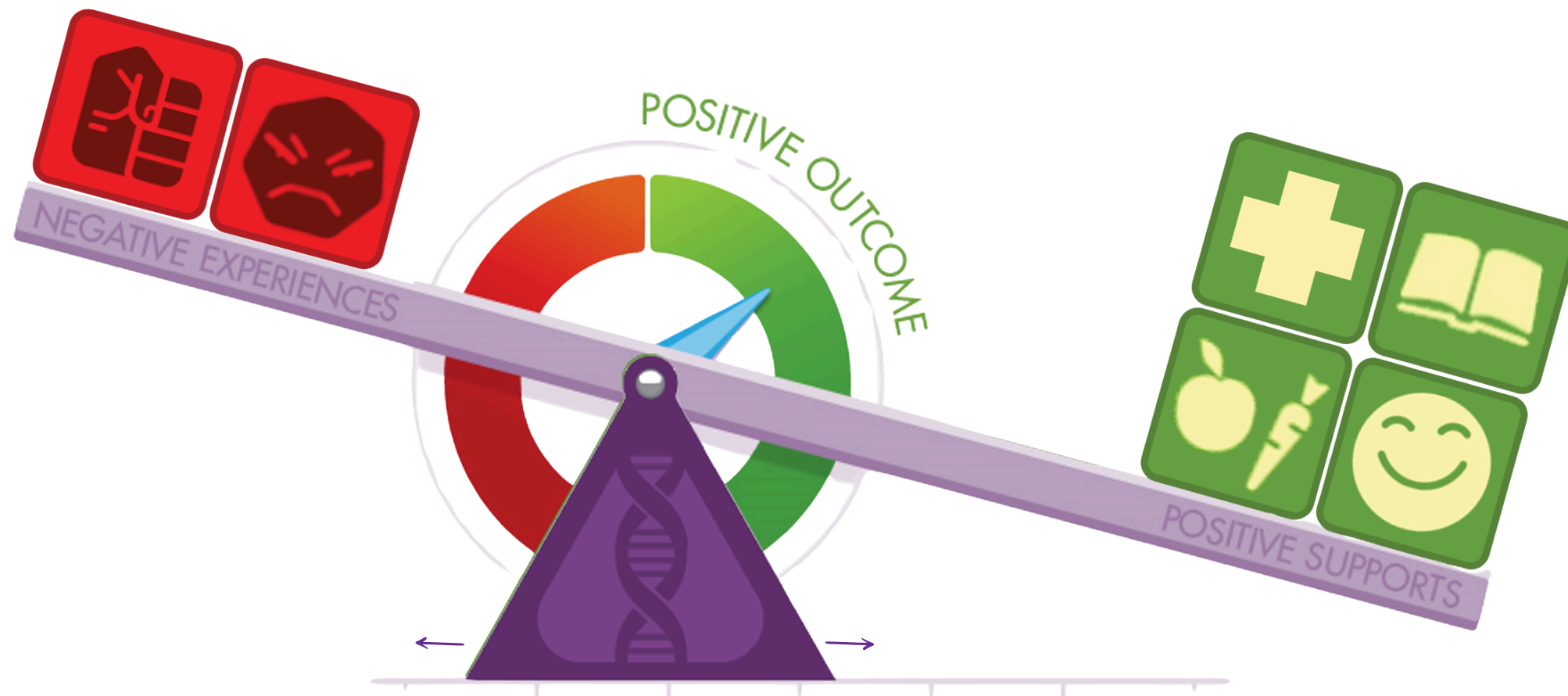


Tipping the scale is **EVERYBODY'S BUSINESS**

CHILDREN THRIVE when we all work together to add **positive supports** ('green boxes'), reduce **adversity** ('red boxes'), and **build skills and abilities**, to boost resilience.



The **Resilience Scale** shows that by enabling children to build skills and abilities across time we can shift the base towards a more resilient position.

How can we use the Resilience Scale metaphor in our work?

Start by watching our 7-minute explainer animation: 'What Surrounds Us Shapes Us'



The Resilience Scale, developed by the FrameWorks Institute in partnership with the Harvard Center on the Developing Child, has been tested in Australia. Palix Foundation have mobilised it in communities for over a decade.

Created as a partnership resource for Child Protection Week (starting first Sunday of September) www.childprotectionweek.org.au



An introduction to the Resilience Scale for practitioners working with children and families

What is the tool? The Resilience Scale is a tool that gives us a common language to talk about how experiences shape our lives now and into the future.

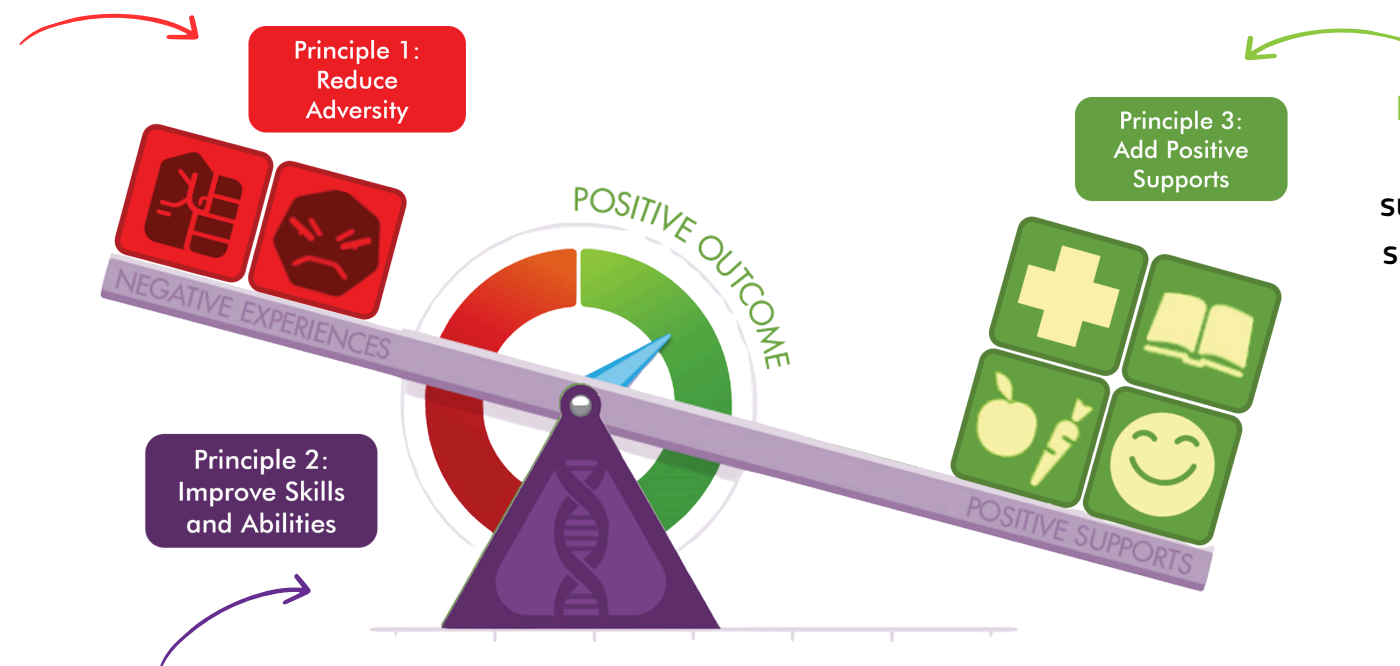
Who is it for? It's especially useful for people working with children and families, as it provides a straightforward way to visualise and talk about what children, families and communities need. It can support how we work with an individual, with a family, with our organisation and at a systems level.

What is resilience? Resilience is the process and outcome of being able to adapt to difficult or challenging life experiences. Resilience is an ability that can be strengthened or weakened over time in response to our experiences and our environments. It can also be defined as "The ability to respond positively in the face of adversity." (Palix Foundation)

The Resilience Scale is a way to talk about three ways we can all play our part - reducing sources of adversity, adding positive supports and building skills and abilities.

The Resilience Scale is a beam on a fulcrum (the purple triangle).

Negative factors, which are represented by red boxes, can include experiences like abuse, neglect, parental addiction or mental illness, divorce, or other sources of toxic stress. These red boxes are added to the left side of the beam, and if they pile up, the scale can tip towards a poor outcome marked by illness and adversity.



Positive factors, which are represented by the green boxes, include safe, stable, and supportive relationships and safe, stable, and supportive environments. These green boxes can pile up on the right-hand side of the beam, tipping the scale toward positive outcomes including good health, and wellness.

The initial position of the fulcrum - whether it is to the right or the left of centre - is partly determined by our genetic dispositions. Think of it as the biological starting position of the Resilience Scale. Where we start matters and we know that environmental and systemic factors also influence this: 'What surrounds us shapes us' (Harvard Centre on the Developing Child). But the position of the fulcrum can shift over time based on our experiences, and in this way the fulcrum can also represent our skills and abilities. If the fulcrum is positioned to the left, it means we have good skills and abilities of serve and return, air traffic control and reward motivation systems meaning any red box which falls on your Scale is going to have less leverage. If the fulcrum is to the right, it means we have less developed skills and abilities - but the good news is that we can work together to shift these over time.

For more explanation about the Resilience Scale:

www.albertafamilywellness.org/what-we-know/resilience-scale

Interested in connecting with Queensland Kids Partnership to promote the use of the Resilience Scale?

Contact us via www.tgkp.org.au/resources/resilience-scale-poster

Find out more about evidence behind the Resilience Scale



Watch a real-life application of the Resilience Scale



Find 100+ learning resources on our *Enabling Workforces Toolkit*

