

Stay Strong: A Resilience Toolkit

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What this builds (transformative SEL): Agency (“I can do it”) with a thread of Identity (“Who I am”).

This toolkit affirms Black children ages 10-16 and gives them concrete resilience skills: knowing their rights, cultural pride, self-confidence, naming and discussing unfairness, finding safe adults and spaces, caring for mental and physical health, and using their voice.

How to use it: go through it alongside your young person and pause after each “Thing” to share a real example from your own life or family. The reflection prompts are great conversation starters.

A note on scope: this version keeps the focus on enduring resilience and identity skills. It intentionally leaves out fast-changing political specifics so it stays useful and steady over time. Talk through current events together in the way that fits your family.

This is a practice tool for building skills, not therapy, counseling, or a clinical service.

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For grown-ups: a companion practice for the adults in this child’s corner: [When They Come Home Deflated](#).

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