

Resilience and Bullying

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Resilience can be simply described as the ability to bounce back when faced with adversity – how fast you bounce back and how this affects you has been in the public eye recently with the disturbing reports linking youth suicide and cyber bullying.

A child's early years are crucial to developing life long resilience. To that aim early childhood educators focus on respectful relationships and social development with children and adults, and respond to their needs accordingly.

Each child has a right to play – it is after all how they learn and find out about themselves and their place in the world – and they have a right to learn in a safe environment free of bullying.

Aggressive children need to build positive relationships to help compensate for their lack of attachment to peers and/or adults.

The importance of attachment of young children to primary caregivers was researched by John Bowlby and later Mary Ainsworth. Bowlby believes that the quality of the attachment relationship has implications for later psychological development.

Primary and High schools also have programs to develop resilience. One such program is called 'The Heart Masters' Fuller, Johnston and Bellhouse.

You may be interested in a Parenting course coming to Cooma August 7th the presenter is clinical psychologist – Dr Pat Cleary to book in phone 64522680 or 64521798.

Yours in education - Carol