

# Resilience

## For children in Primary School Education



*"Resilience is the ability to cope with, and adapt to, stress brought on by a difficult life event."*

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*"On life satisfaction, children in Ireland rated themselves as having one of the lowest rates in the OECD/EU (72%). Contributing to these scores was body image, pressure to succeed in school and bullying."*

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*40% of children reported that they had been bullied at some point.*

*18% of children in Ireland live in poverty.*

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*One supportive adult is enough to help children develop resilience. This can be a parent, relative or teacher.*

## What can adults do to help children build resilience?

*Positive relationships with teachers or peers can influence the academic performance of a child and ultimately prevent early school drop-out.*

Provide a safe space for open communication

Build trust and secure relationships

Prevent Bullying

Celebrate Achievements to enhance self-esteem



### References

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