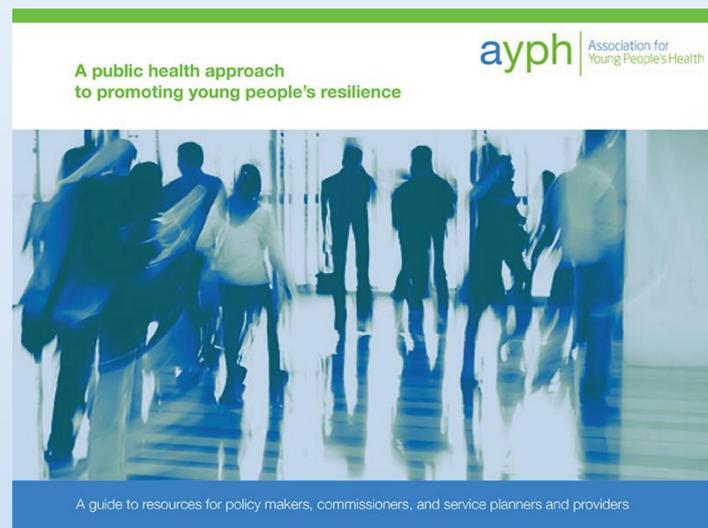


A PUBLIC HEALTH APPROACH TO PROMOTING YOUNG PEOPLE'S RESILIENCE: INTRODUCING A NEW RESOURCE

Ann Hagell and Emma Rigby, Association for Young People's Health



Developing a new resilience resource for Public Health England

We know that young people face a wide range of challenges in their lives from moving schools to family breakdown to bullying. Building resilience in young people can support better outcomes for them whatever challenges they face. Resilience is the capacity to bounce back from adversity, and to do well in spite of the pressures being faced. This resource from AYPH, funded by PHE, and produced in partnership with the Early Intervention Foundation, sets out what we mean by a public health approach to promoting resilience, and how we can achieve it.

The resource was produced in a three stage process. First we drafted an initial discussion paper about resilience in the public health context. We then used this to provide the basis for an expert roundtable meeting. Finally we circulated the full draft resource for more stakeholder feedback, and also discussed the findings in a series of workshops in the PHE regions. We're very grateful to everyone who fed into the process.

What pressures do young people face that might require resilience?

Many young people experience a wide range of challenges to their wellbeing. Some threats are very serious, such as maltreatment and neglect, but young people also have to be resilient in the face of more ordinary everyday pressures too, such as bullying and misuse of social media. The burdens and threats come from issues such as poverty and deprivation, maltreatment and neglect, parental mental health problems, long term health conditions, family disruption, bullying and social media issues, exam stress and other school pressures, peer problems and pressures on body confidence.

What are the key settings for promoting resilience?

Effective promotion of resilience in a public health context should happen across a range of settings:

- Delivery in school and educational settings
- Provision of out-of-school, arts and leisure provision
- Supporting parents and families
- Building community based services and investing in the voluntary sector

What are the key elements of a public health response to resilience?

Building resilience should include emphasising young people as an asset, embedding their voices in the development and delivery of public health work, and co-producing services with their input. The resilience resource provides links to support these activities.

The important things are **developing young people's skills** (such as social and emotional learning), getting them access to the **right information at the right time** (through youth friendly health services), having a **trained and expert workforce** (drawing on resources such as MindEd), and tackling the **wider determinants of health outcomes** (by making sure everyone has equal access).

How do we make it happen in practice?

- By establishing a local culture that prioritises resilience
- By enhancing the availability and quality of local support
- By picking the right moment to intervene

Where to go for more information

The AYPH Resilience Resource is an interactive PDF with embedded hyperlinks to additional material supporting all of these statements. You can download it from the AYPH website at www.ayph.org.uk, or email us at info@youngpeopleshealth.org.uk