



## Discussion Questions by Brenda Navarrete

October 7, 2021

1. What role do you believe resilience plays in the life of your child/children?
2. What are some ways that you can step in and demonstrate unconditional love to your child or a child in your community?
3. What are some things you can do or say that communicate having high expectations for your child while maintaining unconditional love?
4. What are specific examples of things you can do and/or say to build competence, connection, contribution, coping and faith in your child and in the lives of children in your community?
5. Building connection and the Swiss cheese effect: What are some ways you can act as a layer of support and fill a gap in your community?
6. Reflect on some of the challenges you have faced in your own life. How have you demonstrated resilience? What role did some of the protective factors discussed in the presentation (unconditional love, adult expectations, competence, connection, contribution, coping and faith) play in your resilience?