



# RESILIENCE Re-Set

## FAQ (FREQUENTLY ASKED QUESTIONS)

### What is RESILIENCE

RESILIENCE is the ability to thrive, adapt and cope despite tough and stressful times. Resilience is a natural counter-weight to Adverse Childhood Experiences (ACEs). The more resilient a child is, the more likely they are to deal with negative situations in a healthy way that won't have prolonged and unfavorable outcomes. Resilience is not an innate characteristic, but rather is a skill that can be taught, learned and practiced. Everyone has the ability to become resilient when surrounded by the right environments and people.

– RESILIENCE Facilitator's Guide produced for KPJR Films by Prevent Child Abuse America

### What is RESILIENCE Re-Set

RESILIENCE Re-Set is a call to action to renew our focus on developing skills to build RESILIENCE. It is a time for partners to share their work, best practices and innovations in RESILIENCE across various communications platforms to benefit a diversity of communities, organizations and individuals. We aim to move discussions further into a call to action for your community and specifically motivate adults to becoming a caring adult AND #BeTheOne for a child or youth in need.

### When is RESILIENCE Re-Set

RESILIENCE Re-Set kicks off on November 1st with KPJR Films and offers each community organization, school or agency the ability to determine the timing that works best for them to promote a RESILIENCE Re-Set.

### What resources and materials are available to support community RESILIENCE Re-Set efforts?

KPJR Films is offering documentary films PAPER TIGERS and RESILIENCE for screening in local communities. The films are available through TUGG.com. As well, there are additional resources available on the KPJRFilms.co website including a RESILIENCE Facilitator's Guide and a One Caring Adult resource portal. RESILIENCE Re-Set partners will also offer resources on their respective sites.

### Who is involved in RESILIENCE Re-Set

KPJR Films has galvanized a variety of partners to include: ACEs Connection; American Academy of Pediatrics; Louisville Public Schools; Topeka Public Schools; City of San Diego; Resilience Institute; Chicago Independent Film Critics Association; National Association of School Psychologists (NASP) and others.

### What outcomes do you hope to accomplish from RESILIENCE Re-Set?

We hope to engage partners and communities in RESILIENCE building activities and place a renewed focus on innovative and best practices while promoting a culture of hopefulness. We aim to move discussions further into a call to action for your community and specifically motivate adults to be #BeTheOne in a child's life.

### What should I do to become a RESILIENCE Re-Set Partner?

Please share your interest via email to: [info@kplrfilms.co](mailto:info@kplrfilms.co)

### Can I follow RESILIENCE Re-Set on Social Media

Yes! Please follow RESILIENCE Re-Set at:



[facebook.com/ResilienceImpactDoc](https://facebook.com/ResilienceImpactDoc)



[twitter.com/DocResilience](https://twitter.com/DocResilience)

Join the virtual conversation using our campaign hashtags #ResilienceReset and #BeTheOne