Get to Know Your Critical Self in Relation with a Group

With financial support from the Prevention of and Fight against Crime Programme of the European Union
European Commission – Directorate-General Home Affairs
BOUNCE resilience tools

BOUNCE young training resilience

BOUNCE up train the trainer

BOUNCE along raising awareness

www.bounce-resilience-tools.eu
What is BOUNCE young?

- Resilience training programme
- Ten active group trainings
- Aspects of resilience
- 12 – 18 years
- Education, welfare, leisure
General goal of BOUNCE young

Preventively strengthening the emotional, physical, social and mental awareness and resilience of young people towards a positive identity in constructive connections with their social environment.
The training sessions

1. Who and what

Theme: Getting to know each other and resilience training
• Example: one to ten
The training sessions

2. Group work

Theme: Working together in the group

• Example: stick together
The training sessions

3. Talents and strengths

Theme: Working with talents and strengths in the group

- Example: a positive goal
IK
GA NIEUW
GEVEN OM WAT
MUSEUM VAN ME
DENKEN
The training sessions

4. Standing strong

Theme: Learning to stand strong

• Example: stay balanced
The resilient person
The training sessions

5. Staying strong

Theme: Using standing strong in social challenging situations

• Example: mountain path
The training sessions

6. Can you feel it?

**Theme:** Working with feelings and emotions

- Treat you right
You are not born racist. You are born into a racist society. And like anything else, if you can learn it, you can unlearn it. But some people choose not to unlearn it, because they're afraid they'll lose power if they share with other people. We are afraid of sharing power. That's what it's all about.

— Jane Elliott —
The training sessions

7. Information and influence

Theme: Dealing with information and influence in a healthy critical way

• Examples: What did you see? #BrusselsLockdown & Walking strong
Through the lens of Jimmy Kets: #BrusselsLockdown
The training sessions

8. Think about it

Theme: Being aware of how we and others think and strengthening critical thinking styles

• Example: 2 tasks
The training sessions

9. Connected identity
   Theme: Being aware of our personal identity and connections
   • Example: examples and resources
The training sessions

10. Future proof

   Theme: Looking confident and resiliently at the future
   • Example: a positive goal => break it and make it
Training structure

Every training session has three phases:

- Start-up
- Middle
- Finisher
Training features

• Group work
• Action and interaction
• Reflection
• Fun and playful atmosphere
• Positive look at things
• Mutual respect
• Involvement of the social environment (parents, frontline workers,...)
• Guidance through the training programme by a fix trainer, a co-trainer and possibly an observer
The Trainer

- A trainer needs to be able to provide a **safe space** for dialogue and interaction
- A trainer has **authenticity** and is willing to show something of himself
- Communication, dialogue and teaching skills
- Role model awareness & self-awareness
- Positive orientation
- Engagement
- Openness, giving space, flexibility
- Expertise, knowledge, intercultural competence
Evaluation

- During trainings: review, informal feedback
- After trainings: follow up by trainers
- Young assessment registration form
What is BOUNCE along?

- Awareness-raising tool on 5 themes
- Tailoring awareness-raising actions to the local needs
- For parents and frontline workers (teachers, educators, youth and social workers, mentors, community police, religious leaders, sport coaches,...)
General goal of BOUNCE

Through a wide range of tips and examples, spread over five themes, it presents a framework for a raised awareness, which can lead to a positive and strengthening approach of young people and their social environment.
5 Themes

- A positive point of view
- Strengthening resilience
- Resilient relations and communication
- Concerns and challenging situations
- Information and support
5 Themes

1. A positive point of view
   Theme: reflect on your own viewpoints
   • Example: associations
2. Strengthening resilience

**Theme:** concept of resilience is explained

<table>
<thead>
<tr>
<th>Physical awareness</th>
<th>Emotional awareness</th>
<th>Emotional resilience</th>
<th>Physical self-control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assertiveness</td>
<td>Competence for dialogue</td>
<td>Sharing an opinion</td>
<td>Expressing feelings</td>
</tr>
<tr>
<td>Listening skills</td>
<td>Flexibility</td>
<td>Conflict handling</td>
<td>Capacity to argue</td>
</tr>
<tr>
<td></td>
<td>Dealing with information</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Self-knowledge (strengths, emotions, reactions, identity, etc.):**
- **Self-reflection:** Having self-confidence, Trusting others
- **Tolerance:**
- **Team working:** Negotiation, Tackling personal problems
- **Building networks:** Coping with stress, Having alternative reactions, Changing an opinion, Having influence, Intercultural competence
- **Positive attitude towards challenges:** Finding solutions, Understanding others, Asking for help, Openness to different views, Changing a plan, Speaking in group
- **Sense of multiple perspectives:**
- **Setting boundaries:** Media literacy, Confronting others
- **Optimism:**
- **Making choices:**
5 Themes

3. Resilient relations and communication

Theme: building up and maintaining a relation of trust and dialogue

• Example: a neighbourhood issue
5 Themes

4. Concerns and challenging situations

Theme: strengthen the confidence to act resiliently

- Example: the worst imaginable way/the most desirable way
5 Themes

5. Information and support

Theme: guidelines on being informed and sharing information

- Example: network
What is BOUNCE up?

• Resilience training programme
• 4 days formula for frontline workers
• Working with BOUNCE young and with BOUNCE along
General goal of BOUNCE up?

Preparing, instructing and supporting trainers to increase their capacity and confidence to work with these tools.
BOUNCE and restorative practice

- Circle work
- Evaluations
- Trainer / facilitator approach
- BOUNCE up: Restoration as a ‘tool’
- The ripple effect
Active evaluation
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