

Resilience Empowerment Project: Youth Program

EMPOWERING ARIZONA'S YOUTH THROUGH SCIENCE,
CONNECTION, AND SELF-AWARENESS

THE VOICE OF ARIZONA YOUTH

We asked high school students across the state: What does it mean to be well and whole? What does being resilient look like? To our students, resilience is:

- **Self-Awareness:** Understanding how your brain and body work and knowing what you need.
- **Agency:** Knowing how to overcome difficult things and taking time to process life events.
- **Connection:** Realizing you aren't alone and having the courage to ask others for help.
- **Balance:** Being able to restore your internal equilibrium when things get tough.

WHAT IS THE RESILIENCE EMPOWERMENT PROJECT?

The Youth Resilience component of the AZ ACEs Consortium empowers young people to take an active role in their own wellbeing. We provide science-based information about brains, bodies, and behaviors through engaging, age-appropriate training.

Program Structure

- Format: Four 50-minute in-person sessions.
- Approach: Developmental, interactive, and grounded in neuroscience.

TRAINING CURRICULA INCLUDES:

| Session Topic | Key Learning Objectives |
|----------------------------|---|
| Stress Load & Types | Understanding that stress is universal and impacts everyone differently. Learning that stress can be healthy when supported by a plan and a support system. |
| Stress Strategies | Exploring the "Window of Tolerance." Identifying how the body triggers survival modes and learning how to regulate those physical responses. |
| The Power of Relationships | Discovering how safe, trusting relationships act as a biological buffer to stress and the primary engine for building resilience. |
| Neuroscience & My Recipe | A deep dive into the biology of activation. Every student departs with a Personalized Resilience Plan to guide their decisions during stress. |

PROVEN IMPACT

- ✓ 98% Of youth understand what stress is and how it activates their brain and body.
- ✓ 90% Of youth can identify more than one way to regulate their emotions.
- ✓ 69% Of youth have a specific plan that includes a partner to help them regulate.

**For more information contact:
Angie Burleson, Executive Director
angiemburleson@gmail.com**

Building a resilient future starts with understanding the present.

