

BOUNCE

resilience tools

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

ARKTOS
HET KAN WÉL



BOUNCE^{young}

training resilience





What is BOUNCE young?

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



BOUNCE young
training resilience

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.

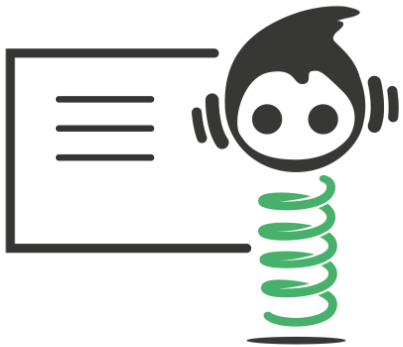


The training sessions

1. Who and what

Theme: Getting to know each other and resilience training

- Example: one to ten



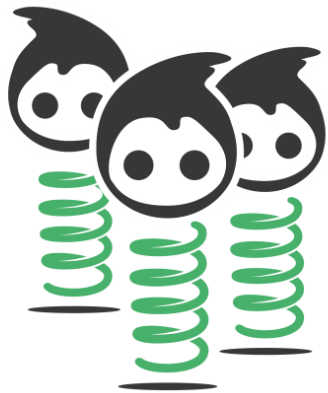


The training sessions

2. Group work

Theme: Working together in the group

- Example: stick together





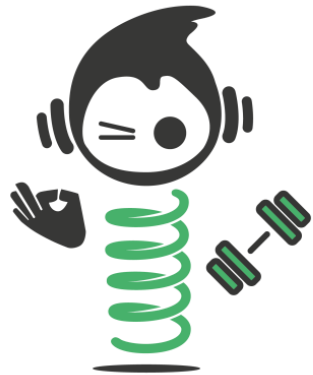


The training sessions

3. Talents and strengths

Theme: Working with talents and strengths in the group

- Example: a positive goal



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GA NIEMEER
GEVEN OM WAT
ANDEREN VAN ME
DENKEN



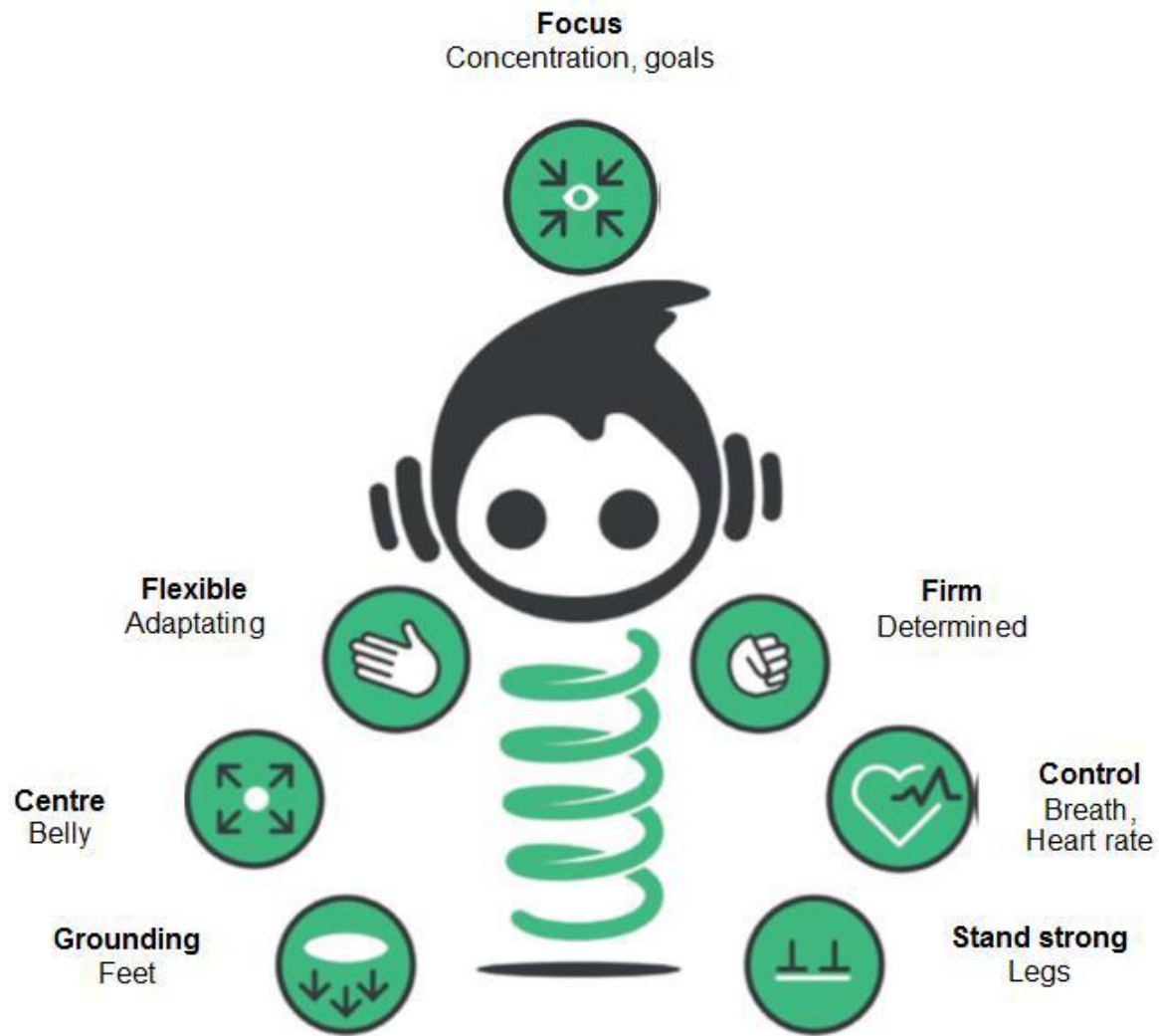
The training sessions

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





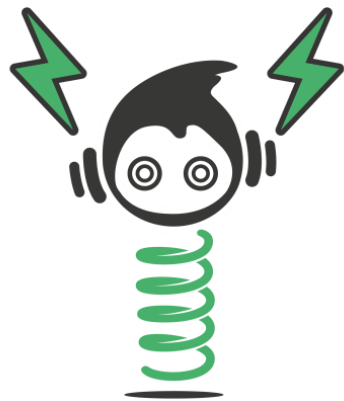


The training sessions

6. Can you feel it?

Theme: Working with feelings and emotions

- Treat you right





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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 —

AZ QUOTES



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](#)

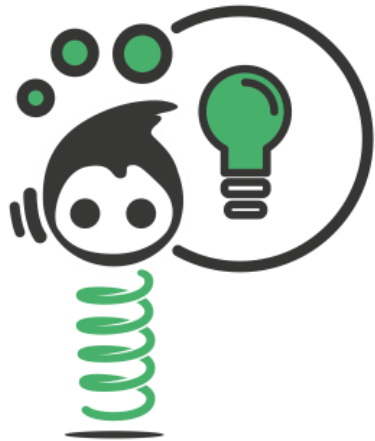


The training sessions

8. Think about it

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

- Example: 2 tasks





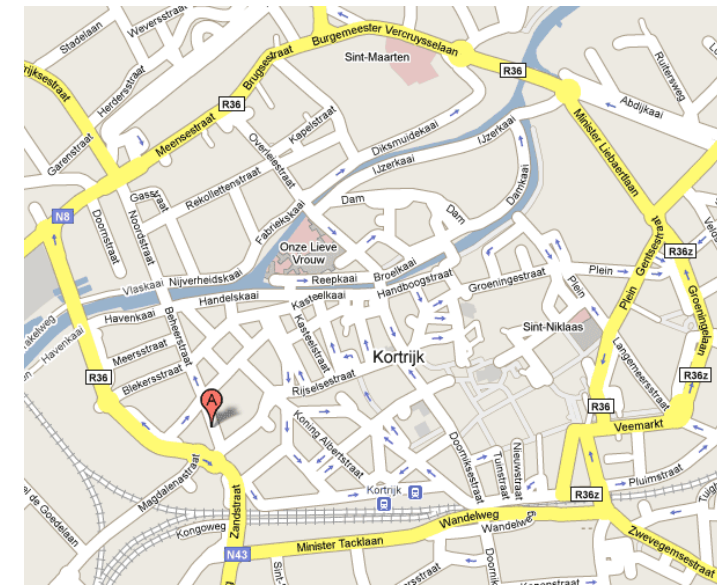
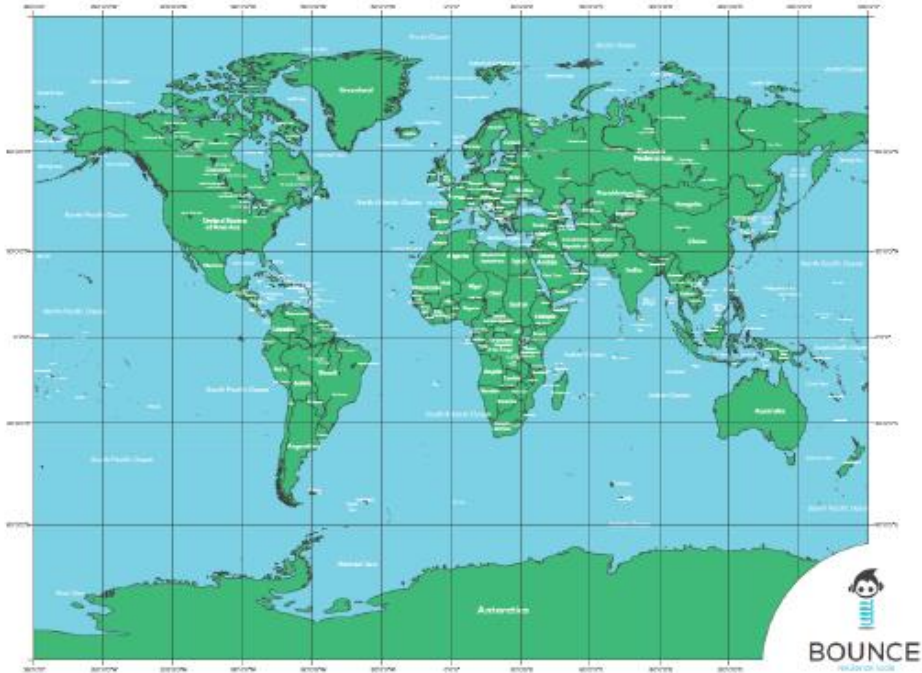
The training sessions

9. Connected identity

Theme: Being aware of our personal identity and connections

- Example: examples and resources





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The training sessions

10. Future proof

Theme: Looking confident and resiliently at the future

- Example: a positive goal => break it and make it







BOUNCE young
training resilience

Training structure

Every training session has three phases:

- Start-up
- Middle
- Finisher

Training features



BOUNCE young
training resilience

- 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



BOUNCE young
training resilience

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



BOUNCE along
raising awareness





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,...)



BOUNCE along
raising awareness

General goal of BOUNCE along

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.



BOUNCE along
raising awareness

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





5 Themes

2. Strengthening resilience

Theme: concept of resilience is explained



- Physical awareness
- Emotional awareness
- Physical self-control
- Emotional awareness
- Emotional resilience**
- Expressing feelings
- Assertiveness**
- Competence for dialogue
- Capacity to argue
- Listening skills
- Flexibility
- Sharing an opinion**
- Awareness of influence
- Dealing with information
- Conflict handling**
- Self-awareness
- Self-knowledge (strengths, emotions, reactions, identity, etc.)**
- Self-reflection**
- Having self-confidence
- Awareness of a personal network
- Trusting others
- Tolerance
- Team working
- Negotiation**
- Autonomy
- Solving problems**
- Tackling personal problems
- Forming an opinion**
- Critical sense
- Building networks
- Coping with stress**
- Connecting with others
- Having alternative reactions
- Having future aspirations
- Changing an opinion
- Having influence
- Sense of relativation and humour**
- Physical awareness
- Intercultural competence
- Positive attitude towards challenges**
- Finding solutions
- Understanding others
- Asking for help**
- Openness to different views
- Changing a plan
- Sense of multiple perspectives
- Optimism**
- Speaking in group
- Setting boundaries
- Media literacy**
- Confronting others
- 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



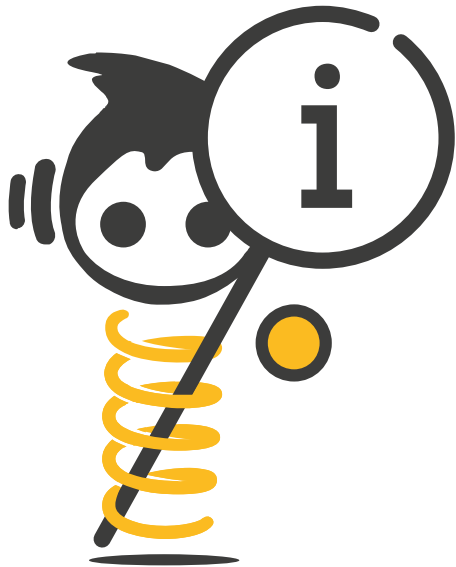


5 Themes

5. Information and support

Theme: guidelines on being informed and sharing information

- Example: network





BOUNCE^{up}

train the trainer





BOUNCE^{up}
train the trainer

What is BOUNCE^{up}?

- Resilience training programme
- 4 days formula for frontline workers
- Working with BOUNCE young and with BOUNCE along



BOUNCE^{up}
train the trainer

General goal of
BOUNCE^{up}?

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



BOUNCE^{up}
train the trainer



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BOUNCE
resilience tools



BOUNCE young

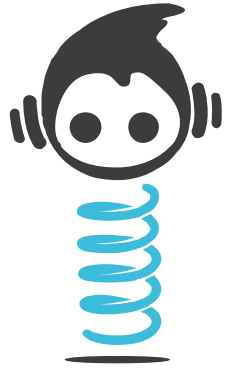


BOUNCE along

BOUNCE up



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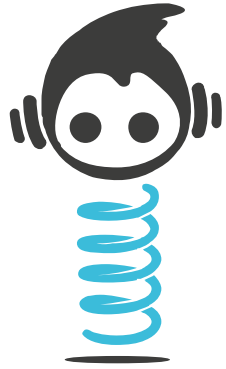
BOUNCE

resilience tools



BOUNCE and restorative practice

- Circle work
- Evaluations
- Trainer / facilitator approach
- BOUNCE up: Restoration as a 'tool'
- The ripple effect



BOUNCE
resilience tools

Active evaluation


BOUNCE
training resilience

**Resilience Training Tool
for Youngsters**
- Manual -


BOUNCE
raising awareness along

**Awareness-raising Tool
for Parents and Frontline
Workers**
- Manual -


BOUNCE
train the trainer up

Train-the-Trainer
- Manual -

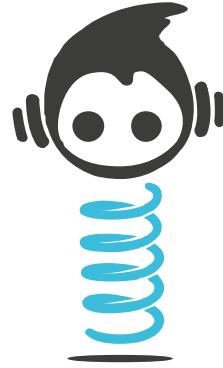



BOUNCE
resilience tools

BOUNCE is a package of three training and awareness-raising tools for youngsters and their social network. It is a positive answer to the challenge of preventing violent radicalisation in an early stage.

The BOUNCE tools are designed as preventive measures when, or even better before, serious and their environment instruments to manage the challenges they come across. The three tools (BOUNCE young, BOUNCE along and BOUNCE up) are interconnected and complement each other.

BOUNCE empowers youngsters and their network to become resilient and to interact with an aware environment.



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