

CONFIDENCE & RESILIENCE

The levels of confidence and resilience in students will vary significantly.

They will be affected by past experiences and attitudes. If they have been repeatedly told they're not very good their preparedness to do something and fail will be low.

Coping mechanisms will be in place to cover their fear of failure whilst navigating the education system:

- Avoid work if they're afraid of failure
- Avoid a problem rather than face it
- Mask their anxieties with over-confidence
- Stay quiet and avoid notice

The role that staff have building confidence and resilience in students is significant.

The ability to fail first in a safe environment builds resilience and with resilience comes confidence.

Try to create safe environments that:

- give people confidence to try and fail and try again.
- enable people to see failing and trying again as a strength not a weakness
- define 'fail' as a 'first attempt in learning'
- encourage people to have a go and get it wrong rather than not do it at all

These materials provide an overview to help raise awareness and understanding. If you have concerns please always seek additional support and advice from your safeguarding lead