

Activities: 2. Vulnerability and Resilience

25
mins

Vulnerability and Resilience

Purpose:

To explore what makes people vulnerable in an emergency and what we can do to help people become more resilient

Time: 25 mins

Resources:

Flip chart, pens

1. Ask young people to get into small groups of 4-6 people. Give each group 2 flip charts and pens. Ask the group to draw the outline of a person on each of the flipcharts. They can draw around someone or free draw.
2. Explain that one of their drawn people is vulnerable in an emergency and the other is resilient in an emergency. Ask each group to think about what makes someone vulnerable and what makes someone resilient in an emergency situation. Write words inside the body to describe what kind of characteristics they would have and what kind of actions they would take.
3. Still in their groups, ask young people to look at the characteristics of a resilient person in an emergency and discuss: how can we help young people to develop these characteristics? Write your ideas around the outside of the resilient person you have drawn. Ask each group to suggest two characteristics of resilient young people and one way in which we can help young people develop resilience.

Facilitator's note:

it is important here to emphasize that young people can develop resilience, that it is not about 'being strong' all the time and that facing difficult and negative situations is part of developing resilience.

