



Building Resilience for Brighter Futures

Host Instructions

Thank you for hosting this conversation!

Here is an outline of what to expect and how to follow this host guide.

Overview

1. Welcome guests when they arrive
2. Introduce the topic by reading the Summary
3. Read What to Expect
4. Read the Ground Rules
5. Introductions (5–10 mins)
6. Question 1 (10–20 mins)
7. Question 2 (10–20 mins)
8. Question 3 (10–20 mins)
9. Wrap up & next steps

Total time needed:
1–1.5 hours

Timing varies based on the number of participants.

Break into small groups of 4–8 people if you have a large group.

Have any questions?

In our online knowledge base you'll find:

- Host FAQs
- Facilitation tips
- Online hosting tips
- In-person hosting tips

See these and more at:
about.inclusivv.co/host

Welcome

A conversation about building resilience — and how it helps families and children live safe, happy and healthy lives.

Summary

How do we deal with the kinds of challenges that hurt us far more than they help us? Many children will face more than their fair share of adverse childhood experiences. The effects can be lifelong. Early adversity is linked to chronic health issues, mental illness and substance abuse in adulthood.¹ But the hopeful news is that the impact of childhood adversity can be greatly reduced. We have seen that through positive connections, children can build resilience and increase their ability to live happy, successful lives. This is a conversation about how we can all help children thrive and bring about a brighter future for Georgia.

What to Expect

Together we'll explore three big questions that take us on a journey of shared learning. No one is expected to be an expert, but everyone is invited to participate by sharing their experience and ideas. With each round of questions, we'll all have the opportunity to share. My role as host is to help ensure everyone's voice is heard and that we end on time. Before we begin, let's review and agree on the ground rules.

Ground Rules

Our ground rules help create a brave space where we honor what is shared and learned in this conversation. By joining this conversation you agree to:

- Listen With Curiosity
- Engage With Empathy
- Appreciate Authenticity
- Respect Those With Lived Experience
- Enjoy Yourself!



Host Tips

Start With Introductions

“Let’s get started with the introduction question.”

Read the question and copy and paste it into the chat (if hosting online).

Feel free to go first and kick things off!

Moving to the Next Question

Once everyone who wants to has shared, transition to the next question:

“Now that we all know each other a little better, we’ll move on to Question 1.”

Read the question and copy and paste it into the chat starting from Question 1 through the bolded question.

Repeat this process until each question has been addressed.

Wrapping Up

After everyone has shared on the final question (or if you are out of time) read the text under “What’s Next” and add any other specifics you are aware of related to your group.

Ask to take a screenshot or a photo of the group to capture the moment and encourage people to share the impact of this conversation with friends, peers and colleagues.

Introductions (1-2 minutes per person)

Share your name, where you’re from, and give a shout-out to a positive role model from your childhood.

Question 1: (2–3 minutes per person)

Resilience is defined as the set of skills needed to overcome adversity and thrive.

What does resilience mean to you? Have you or someone you know had to overcome adversity in life? What are some things that helped, or could have helped in those times?

Question 2: (3–4 minutes per person)

Nearly 1 in 5 adults have had at least four adverse childhood experiences. These can include witnessing or experiencing violence, being separated from a parent, and growing up with mental health or substance use issues in the home. Research has shown that these experiences increase the likelihood of risky behaviors, depression, harmful substance use, and poor health later in life.²

What adverse childhood experiences are you most concerned about in your community? What resources and support would make a real difference to families trying to overcome these challenges?

Question 3: (3–4 minutes per person)

These four key actions help buffer children from the negative effects of early adversity:

- Supporting strong relationships with adults
- Working to build children’s sense of can-do
- Strengthening children’s ability to manage their emotions and impulses
- Helping children tap into sources of hope, such as faith or cultural traditions³

Which of these four areas could you contribute to and make a difference in? And what’s one specific action you can take to support a child or children in your community?

What’s Next?

Thank you for sharing your stories, values and vision. Next, you will receive an email with next steps and an opportunity to share feedback. This conversation is just one of many in the Georgia Family and Child Well-Being Series. We encourage you to host or attend another topic and invite others as well.

¹Preventing Adverse Childhood Experiences. Centers for Disease Control and Prevention, 2021. www.cdc.gov/violenceprevention/aces/fastfact.html?CDC_AA-refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Fastfact.html

²Davis, V.N., Bayakly, A.R., Chosewood, D., Drenzek, C. 2018 Data Summary: Adverse Childhood Experiences. Georgia Department of Public Health, Epidemiology Section, Chronic Disease, Healthy Behaviors, and Injury Epidemiology Unit, 2018. [abuse.publichealth.gsu.edu/files/2020/08/ACEs-one-pager-essentials-final.pdf](https://files.2020/08/ACEs-one-pager-essentials-final.pdf)

³Resilience. Center on the Developing Child, Harvard University. developingchild.harvard.edu/science/key-concepts/resilience/