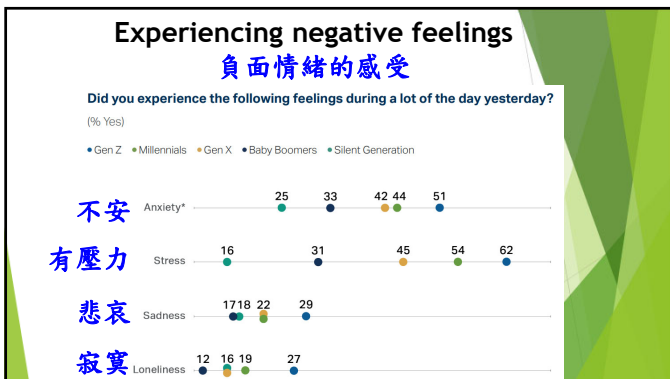
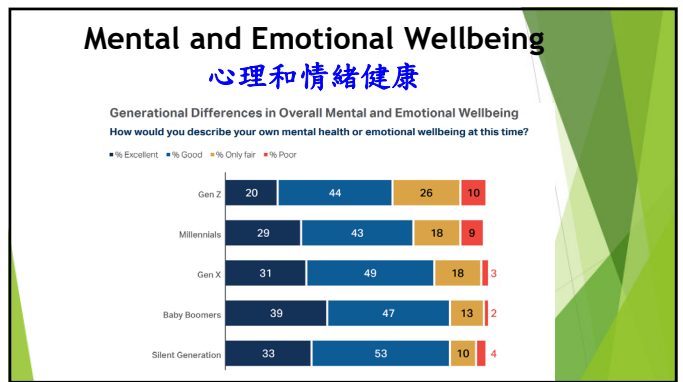
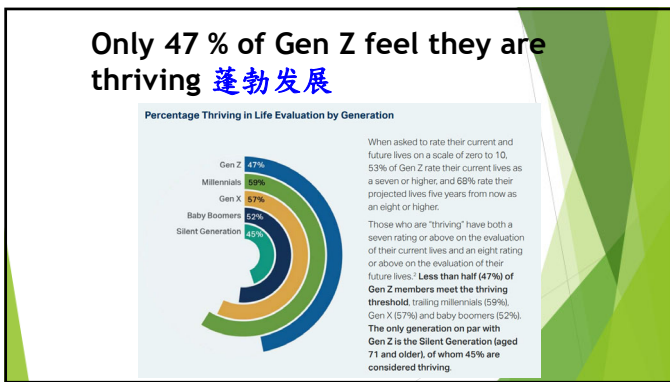
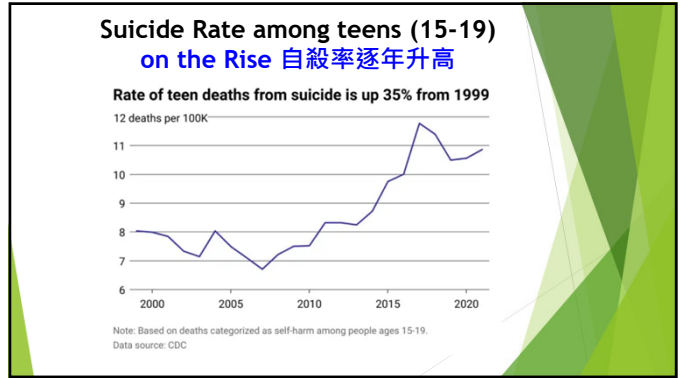
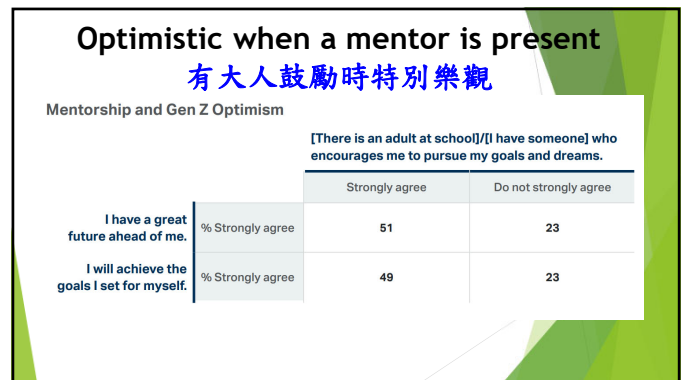
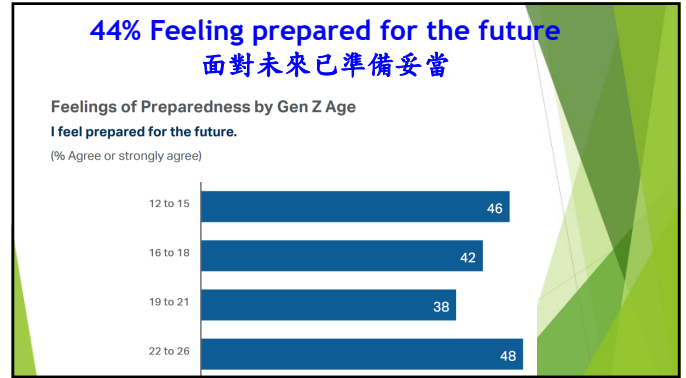
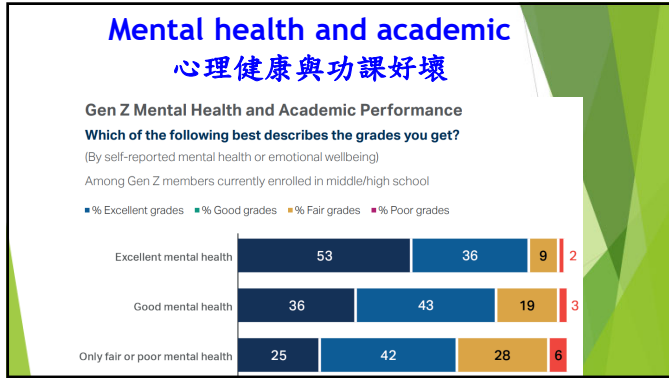


# Raising Resilient Kids

## 教養出有韌性的孩子

Deacon Benny Chang





### Hopes & Aspirations Gen Z:parents 希望和志願(孩子:父母)

**Gen Z Hopes and Aspirations for the Future**  
What are your top three most important hopes or wishes for [your/your child's] future?

Hope or Aspiration	% Selected			
	Overall	K-12	Non-K-12	Parent
賺錢享受 Make enough money to live comfortably	69	72	66	66
結婚 Get married or find a life partner	35	33	36	32
追求工作熱誠 Pursue a personal passion in your work	33	39	28	51
購屋 Buy a house	32	27	36	13
貢獻社會 a positive impact on the world/your community	31	28	33	43
智慧持續增長 Grow intellectually throughout your life	29	23	35	47

### What is Resilience 韌性的定義

**Resilience** is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through spiritual, mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

適應創傷或痛苦事件，從中復原並持續成長的過程或結果；通常是藉靈修、心理、情緒、行為在面對內外壓力時所作的彈性調適有關。

## Factors affect resilience 影響韌性的因素

- the ways in which individuals view and engage with the world 人的世界觀
- the availability and quality of social resources 有助於調適的社會資源及其品質
- specific coping strategies 採用的調適方法

## Formation Plan 陶成計劃

- 1.Introduction 簡介
- 2.Raising Resilient Kids-1 教養有韌性的孩子
- 3.Raising Resilient Kids-2
- 4.Raising Resilient Kids-3
- 5.Resilient saint -1 (Joseph, David 聖祖若瑟，達味王)
- 6.Resilient saint -2 (Naomi, Esther 納敖米，艾斯德爾)
- 7.Resilient saint -3 (Paul, Mary 聖保祿，聖母)
- 8.Resilient saint -4 (Francis, JP-II 聖方濟，若望保祿二世)
- 9.Resilient saint -5 (Rita, Mother Theresa 聖麗達，德肋撒姆姆)