

# Responsibility and resilience

*Look at responsibilities and obligations as a way to deepen your sense of belonging and build your resilience.*

**Volunteering or offering to help others** can make you **feel really good**, as well as being an **awesome act of kindness**. It will help boost your **confidence** and **self-esteem** and may create **opportunities** for you too!



**Think about some of the different responsibilities you may have:**

- **At home/with your family**
- **In your neighbourhood**
- **To the environment**
- **At school**
- **To yourself!**

**Being responsible means...**

- **Taking responsibility for your actions**, like trying to put things right if you've made a mistake
- **Doing the things you say you'll do**
- **Doing things that need to be done** even if you don't feel like it
- **Choosing to do the right thing**, even when it's hard