The Resilient Families program aims to provide a structured sequence of activities and resources that secondary schools can utilise to encourage family support for education and positive student experiences with parents. The program aims to increase family involvement and enhance parent education opportunities and through these means improves student adjustment to secondary school. The student curriculum is a 10-week program, delivered to Year 7 students by their classroom teachers covering communication skills, emotional awareness, conflict resolution, stress reduction, responsibilities in the family, and changes that occur in families.

The initiative draws on evidence showing that family resiliency characteristics play an important role in buffering the impact of risk factors such as negative life events. Resilient Families adopts a strengths based approach that recognizes the existing strengths of families and adolescents. The Resilient Families intervention was delivered in 2004 and 2005 in 12 metropolitan Melbourne schools and demonstrated beneficial outcomes for student drinking compared to students in 12 schools receiving education as usual.

Benefits
- Reduced use of alcohol and reduced progression to frequent or heavy use
- Reduced general substance use (inhaling, cannabis, tobacco, alcohol)
- Reduced delinquent behaviour (physical fights, graffiti, truancy, property damage)
- Reduced adolescent-parent conflict.

Evidence
To date, one randomised control trial in Australia and 2 published studies support the benefits of the Resilient Families program:


Benefits of the parenting component have been evaluated separately in one Australian trial:


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