

Another  
unique and innovative  
support resource from  
**Skylight**



# Getting Stronger

## Building Yourself Up To Get Through Tough Times

**A resilience building game**  
for young people (8 - 14 yrs) who are  
facing tough times

**A relationship building tool**  
for the professionals supporting them

Order online at Skylight Shop  
[www.skylight.org.nz](http://www.skylight.org.nz)

or phone Skylight  
**+64 (4) 939 6767** or **0800 299 100**

**Getting Stronger** uses the non-threatening, positive power of an engaging game to give young people (8-14 years) an opportunity to safely talk about who they are, things they think and feel, and about ideas they can use to help manage the tough issues in their lives.

This innovative, ground-breaking game encourages young people to open up and gently begin first conversations around sensitive topics. The game is intended to be used with a professional or support person who the child feels comfortable with, such as a social worker, family support worker, teacher, psychologist, or counsellor. The game will come with instructions and with detailed notes about how best to use it safely and effectively with a young person.

**Getting Stronger** is designed to be played with any of the topic cards available in the Getting Stronger Topic Series. This means the game can be used for a wide range of difficult life topics just by using different card sets. In this way, it can be easily tailored to the unique needs of young clients, either individually or as a group.

*Continued over* 



**+64 (4) 939 6767**

**0800 299 100** (inside New Zealand)

[www.skylight.org.nz](http://www.skylight.org.nz)



# Getting Stronger



## Building Yourself Up To Get Through Tough Times

### The first topic card sets available are for those:

1. who have witnessed, or been impacted by, **domestic violence**
2. with a family member who has an **addiction**
3. with a family member who has a **mental illness**
4. with a family member who has a **serious illness** or **injury**
5. who have had someone close to them who has **died**
6. who are affected by a **natural disaster**.

**New topics will be added regularly**, including bullying, living with learning disabilities, when a family member's in prison and when a family member has a brain injury.

### The Getting Stronger Game...

- ★ is colourful, durable, well tested and engaging
- ★ uses evidence-based research and specialist expertise
- ★ incorporates challenge, fun, reward and affirmation with very important ideas and resilience skills
- ★ involves questions cards, a spinner, tokens to earn and body pieces to collect
- ★ offers a carefully designed mix of questions requiring simple, short responses or more reflective, self revealing answers
- ★ enables young clients and the professional to play together and build trust
- ★ enables young clients to play with others in a group and get to know each other
- ★ is well organised and straight forward to set up and play
- ★ takes 20 - 30 minutes and can be replayed several times, with plenty of questions.

### Use it to...

- ★ break the ice and build up your relationship with a young client positively
- ★ introduce difficult topics in an easy, non-threatening way
- ★ observe the young person and their responses and gain insights into them and their life situation.

### Who Developed this Game and Why?

Skylight has a reputation for its innovative approach as it supports those facing difficult life circumstances. And Skylight has long recognised the difficulty there is in obtaining genuinely effective support tools for groups of vulnerable children and teens, and for those working with them. This game has consequently been developed by Tricia Hendry, who heads Skylight's Information and Resource Centre, assisted by Mark Wotton (graphics designer) and by the expertise of IQ Ideas (an experienced NZ game company). Together, this team has worked hard to ensure that this game is excellent, and of an internationally acceptable standard.

Each topic area was selected based on the latest research, statistic indicators and from Skylight's own experience with families and professionals. All content was checked by an advisory group of experts in their fields. It was then tested by young players.

Skylight is confident that **Getting Stronger** offers unique and powerful support for 8-14 year olds, and a valuable professional tool for those supporting them. Having been designed in such a flexible way, it is certainly accessible by a range of ages and readily adapted to different life situations.



+64 (4) 939 6767

0800 299 100

[www.skylight.org.nz](http://www.skylight.org.nz)

