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## RESILIENCY STORIES

Want to know what our youth think about when they hear the term “resilience”? This year’s Student Ambassadors provided the following resiliency stories that highlight what it means to be resilient. These stories will be referenced during the optional resiliency discussion, which will be open to all adult and youth ABTS attendees on Day 2 of the conference.

**Valeria Amaro****BTE Puebla, Mexico Student Ambassador**

The story belongs to my grandfather, his name is Acención Domínguez Juárez, the story is about overcoming life, yes but many obstacles, turn on the sixth son of seven had to live the traumatic experience at 7 years of age, already that his mother died and was orphaned, despite the fact that he went through many unpleasant situations, such as hunger, he continued with his illusion of wanting to be someone in life, he had a lot of desire to improve himself, my grandfather grew up thanks to his Dad and his grandparents who supported him. With the little they gave him and the number of siblings they were, he was not enough to cover his other needs, but he did not give up despite missing his mother a lot and not having her. On his side, he grew up and at the age of 15 he went to work to pay for his studies, he paid rent. Many times he did not have enough for what he needed and had to help his brothers, as my grandfather worked a lot and did not eat well and also studied, one day when he was studying he began to bleed a lot from his nose and became frequent, until they took the doctor and being in the hospital they asked him his age, he told him he was 17 and a half years old, the doctor asked him, do you study or do you work?

My grandfather answered both, the doctor again asked him another question and asked him who he lived with and where he was from, my grandfather said about the state of Puebla of a town called Santa Ana xalmimilulco, the doctor was surprised and asked him why I was so far from home and he answered I'm here because I dream of having a career as a child, only that I have suffered from a very young age I have had many financial difficulties, I want to study because I want that when I have my children I do not want what happens in the same situation I want to give them the best, the doctor told him young but you are very weak, do you not eat well?

My grandfather answered no doctor since I have to pay my tuition and buy everything I need, apart from that I have to send money to my brothers because they are younger, the doctor gave him bad news and told him that if he did not eat well he was ready of having anemia that his case was very serious because his body did not have enough vitamins, my grandfather was very sad since he had many dreams, but as he repeated his economic difficulty it did not allow him to move forward, he had to decide between eating or study, later. Shortly after he was discharged, he returned to his grandfather Silvestre who loved him like a father. He returned with tears and tears and told him, "Grandfather is back," his surprised grandfather asked him why are you crying?

And my grandfather answered I cry because I can no longer study, because I no longer have enough to pay for my studies and we do not have money and where we lived there was no bathroom we lacked many needs, I could not achieve my dream of being a teacher, I wanted to help you and help my future family, his grandfather answered him life goes on Don't worry at least here you will not pay rent and you will not lack food, thank God we have chickens and you will also not lack even a bean taco. all my support to continue living and be a good example for when you have your children you must work very hard and give them study, over the years he got married AND had children, frequently when he was sad his children would tell him their mother's story and tell them that could not continue studying. His children always supported and motivated him and told him that he was a good father and a Warrior, despite many difficulties he had in life and about to have the disease of anemia, when he lost his mother at a very early age, not being able to achieve his dreams of being a teacher, and many more difficulties, he continued with life and I don't know he gave up, this was a true story of my grandfather who is a great warrior.

### Anton Andersson

#### BTE Helsingborg, Sweden Student Ambassador

The Hugging Tree tells the story of a little tree growing all alone on a cliff, by a vast and mighty sea. Through thundering storms and the cold of winter, the tree holds fast. Sustained by the natural world and the kindness and compassion of one little boy, eventually the tree grows until it can hold and shelter others.

### Sammaya Ansari

#### BTE High Wycombe, United Kingdom Student Ambassador

My mum- Saima Ansari

'Nothing worth having comes easy'

For me resilience means many things, one of these is how people are able to keep going even if they find themselves in a difficult situation themselves. They will do this in variety of ways to solve problems or adapt to fit the current situation. Throughout the course of history people have adapted to difficulty, changing situations when unexpected things happen and also when things disrupt others' lives. I feel that being resilient is being able to adapt to change and still coping and supporting others to do this through being caring, happy and kind. I was diagnosed with epilepsy when I was 11 and my mum has been the one person that we have all been the person to rely on through this time, throughout going to hospital appointments, which were already daunting enough to attend and through understanding me while I was being trialled on different medicine. She has been my support system that has been there to iron out my problems without any hesitation even though she was probably worried herself through the ambulance rides, my mum always gave constant reassurance. Furthermore, she has always been a role model and someone that I admire to be like, her work ethic and how Has really inspired me and shows in my own work, recently I took part in Young Enterprise this year and our team received the 'Resilience Award' for adapting to all the circumstances. Personally, I don't think without my mum's encouragement and support I wouldn't have even got this far!- I still remember writing the application for getting into the Bridge to Employment programme which was a few hours before the deadline and my mum was helping me and in the extra things that I should include.

### Jaiden Broadnex

#### BTE Franklin Township, New Jersey, U.S.A. Student Ambassador

An example of showing resiliency is how we are started to overcome the pandemic. Due to the people efforts to social distance from each other and wear masks, the virus had slowed down its spread. With the combination for scientist the learned how to create vaccines in order to significantly reduce the spread and fatality of it. Although we are still in it, we endured through the beginning in order to and came out with more knowledge.

### Rodan Chahin

#### BTE Helsingborg, Sweden Student Ambassador

Fadime Sahindal. A woman who refused to have an arranged marriage and chose her own boyfriend. Only to be murdered by her father.

### Jenefry De La Cruz Montero

#### BTE Nigua, Dominican Republic Student Ambassador

My mom's story. My mother in Dominican Republic was going through a lot of precariousness and had to emigrate to Chile. Thank God she got a job and was able to improve.

### Manuel De Los Santos

#### BTE Nigua, Dominican Republic Student Ambassador

Jacinto's story. Jacinto was a man who didn't give him a job due to his physical condition and he set up an empanada stand to support his family, he made so much profit that he even built a house.

### Amy Ditta

#### BTE High Wycombe, United Kingdom Student Ambassador

I have decided to focus a resilience story on the pandemic, and the problems that have stemmed from it; this included food poverty for children. As all the schools were shut for many months, some children that relied on their school as a source of food everyday ended up in this awful situation of food poverty. They didn't have the right levels of nutrients going into their bodies, which a famous footballer, Marcus Rashford, stood up to and tried to tackle. He encouraged the country to see the problem as this was an issue personal to him. His mum flew over from the Caribbean in his very early life, and raised Rashford with everything she had, although she had very little money. He has shown great resilience through his life, through the issue of child food poverty and racism. He recently played in the Football Euro 2021 cup final in which he missed a penalty. This received a lot of cruel and extremely racist backlash from the British public. He stood up to both these issues and showed incredible determination and resilience to these awful acts and encouraged the rest of the UK to start helping and showing resilience to these issues too. This was done by speaking and calling out the racist comments to the British press, and recently starting petitions to end racism in football... making it a criminal offense to do such thing. Rashford overcame food poverty throughout the pandemic by helping food banks collect as much food as possible and delivering food to children and schools around the country. Subsequently, this motivated the country to show resilience to this problem, and get people actively helping him deliver food around the UK. In total, he has helped raise £20 million and has since become an advocate and campaigner against ending child food poverty in the UK.

<https://www.itv.com/news/granada/2021-06-16/manchester-uniteds-marcus-rashford-backs-campaign-to-get-parents-signing-up-to-summer-holidays-clubs>

### Fatima Hussain

#### BTE High Wycombe, United Kingdom Student Ambassador

My journey through fibro - Rachel

As someone with a chronic pain condition I found Rachel to be really inspiring as she shares her journey through living with chronic illnesses. She has a page on Instagram on which she educates her followers on the symptoms of conditions like fibromyalgia which also helps tackle the stigma of invisible illnesses. Rachel shares her difficult experiences and allows the conversation to start within the chronic pain community which is so important.

### Pranav Jain

#### BTE Franklin Township, New Jersey, U.S.A. Student Ambassador

To Kill A Mocking Bird. This is a novel but it contains examples of resilience.

### Mathapelo Mafafo

#### BTE Tswelopele South Africa Student Ambassador

Nelson Mandela was one of the great moral and political leaders of his time: an international hero whose lifelong dedication to the fight against racial oppression in South Africa won him the Nobel Peace Prize and the presidency of his country. After his triumphant release in 1990 from more than a quarter-century of imprisonment, Mandela was at the center of the most compelling and inspiring political drama in the world. As president of the African National Congress and head of South Africa's antiapartheid movement, he was instrumental in moving the nation toward multiracial government and majority rule. He is still revered everywhere as a vital force in the fight for human rights and racial equality.

Long Walk to Freedom is his moving and exhilarating autobiography, destined to take its place among the finest memoirs of history's greatest figures. Here for the first time, Nelson Rolihlahla Mandela told the extraordinary story of his life -- an epic of struggle, setback, renewed hope, and ultimate triumph.

### David Neria

#### BTE Puebla, Mexico Student Ambassador

Franco Escamilla is a Mexican comedian who has dealt with many problems, both personal and social, since he was a child and managed to get ahead thanks to his sense of humor.

### Melanie Olivos

#### BTE Puebla, Mexico Student Ambassador

Malala Yousafzai is a young university student of Pakistani origin who, since she was 12 years old, has dedicated herself to fighting for the right of women to receive a free and quality education. During 2012, Malala's name became known around the world, as she suffered an assassination attempt by the Pakistani Taliban Terrorist Movement.

Her fight for women's rights motivated this terrorist group to end her life. During the incident, Malala was on a school bus traveling through Pakistan's Swat Valley when two members of the terrorist group fired multiple shots at her with a rifle that hit her head and neck.

Despite this, the will to live and fight for women prevailed. Malala survived but had to undergo countless reconstructive surgeries; in fact, it was necessary to use a titanium plate in his skull to repair the damage, in addition to placing an implant in his left ear in order to regain his hearing.

Months after the attack, after multiple procedures, Malala was discharged; even so, this unfortunate experience did not stop their efforts to ensure that women had full access to educational media. When she was 16 years old, in 2013, Malala was nominated for the Nobel Peace Prize, establishing herself as the youngest woman in history to be recognized in this way.

Thus, she was the recipient of numerous awards and recognitions, including the Sakharov Prize for Freedom of Conscience, the Manuel Broseta Coexistence Prize and the Nobel Peace Prize. Today, Malala has taken this unfortunate event as an impetus to continue fighting for the rights of children and women to have an education based on the pillars of freedom and equality.

### Trisha Prajapati

#### BTE Franklin Township, New Jersey, U.S.A. Student Ambassador

Any Harry Potter book.

### Maida Rasekhomo

#### BTE Tswelopele, South Africa Student Ambassador

Title: Poor village girl married to royalty

Author: Unknown

The story is about a beautiful, 19 years old girl, her name is Miranda Nkosi. Her parents passed away long ago when she was still young. She lived in a one roomed shack, her paternal family chased her out of her parents' house after her father's passing and she inherited it from her father.

The girl found herself a job at the tuck shop and she received \$54 per month and that money was not enough to cover all her needs. She passed her matric with distinctions but couldn't further her studies because of not having money to pay for her fees.

Miranda had a friend by the name Akhona. Akhona was from a well-known rich family. She was warm hearted, generous, kind and she was always willing to help. Miranda would sometimes feel like she's a burden to Akhona's family and never asked for help.

There came a 22-year-old guy, his name is Shaun Khumalo. He owned businesses and companies and he also studied overseas. His father always told him to find himself a girlfriend and make her the princess of the family. The only girl in his mind was Miranda.

The other day Shaun went to the shop where Miranda worked, he wanted to buy airtime. When he arrived there, he got attracted by that girl's beauty, but he did not say much to her. He just asked for airtime and kindly said she must keep change. The poor girl refused but Shaun left the money at the till then the poor girl took it because she knew it will boost her. Shaun told his friend about Miranda, that guy knew about her and began to tell him about that girl and her background.

Well, we all know that there's time and place for everything. In one of the good days Shaun got the chance to open up to Miranda, asked her out and told her about how he felt about her, well Miranda felt the same way about him. They decided to take things slowly and gave it a go. They went on dinner dates, the guy visited Miranda at her shack and visited her more often at the tuck shop.

One day Shaun decided to introduce his girlfriend to the family, they welcomed her with warm hands. As time went on, they asked her to move into the royal family. They lived in a luxurious mansion and of course the poor girl always wished to feel the comfort. Her biggest wish was to fulfil the dream of being a Physician, lucky enough Shaun offered to pay for her fees at the medical school.

She found a job as a Physician after some years, that was when they went to celebrate the biggest achievement in Mauritius. They went on vacations, honeymoons and explored more. Then Shaun asked for a hand in marriage, their wedding celebration was the most expensive and fancy wedding ever.

Miranda and Shaun started a family and God blessed them with a beautiful daughter. They lived life to the fullest. They were the happiest family ever.

Their life was full of happiness, peace, joy, kindness and generosity.

THE END!!!

### Phetolo Tshukudu

#### BTE Tswelopele, South Africa Student Ambassador

##### Story of Nelson Mandela

Nelson was a man who grew up in South Africa in the apartheid era. This was when the black, coloured and Indian people were segregated to give white people a life with advantage or a life of their own and making black people's lives restricted. The apartheid government identified some places in South Africa as white only areas, making other races treated as a minority. Nelson was a driven man with lots of passion as he fought to finish school in those hard times and worked hard to make sure that his family lives a better life despite the government's actions to make them suffer. He then started a career in boxing, then law but never stopped fighting for freedom and during that he was seen as a man who disobeyed the law and was arrested and sentenced to 27 years in Prison. His fellow fighters continued his fight and at last when he was released things changed with him becoming the first black president in SA freeing a lot of people. And now we live in a democratic country full of equality.

### Emmanuel Viera

#### BTE Orange County, California, U.S.A. Student Ambassador

There was a freshman in high school that has always been a troublemaker. The freshman would always get suspended in middle school and would get into serious trouble. The freshman would fail all of his classes. The freshman was failing his freshman first semester and didn't care much. Until one day the freshman had realized that he won't pass high school if he fails. He also realized how much trouble he had caused to his parents and to himself. After realizing the reality of what he was doing he tried his best to pass his freshman year. It took him a lot of work to pass his first semester since he was failing. After that bad experience he told himself that he would never fall back down and not get into trouble anymore. The freshman did as he said and changed from bad to good.