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## The myth of resilience

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## **The Myth of Resilience**

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*This poem discusses resilience as an adaptation to circumstances children cannot control. It comes from the viewpoint that resilience assumes that there is something to which one can bounce back. However, children who are placed in the foster care system and/or adopted, especially from birth, are born into spaces to which there is no return, yet they are labeled resilient. Children who experience these traumatic circumstances are not resilient, they are adaptable and learn how to thrive and move forward.*

**Keywords:** child | foster care | resilient

Resilience is a myth.  
How is a child resilient  
If they have nothing  
To bounce back to?  
Inadequate beginnings.  
Born to a teenage mother,  
Who has no home of her own.  
Relinquished into a temporary foster care system.  
Almost a year old  
Before finding stability  
In an adoptive family.  
Resilient.  
Or adaptable?  
Learning at birth  
How to cope  
With abandonment.  
Racism.  
Sexism.  
Labeled as a resilient statistic.  
What is resilience for a child  
Who has nothing from which to return?  
Bouncing back to what?  
Foster care, racism, sexism?  
Or learning to cope, achieve and thrive.  
Resilience is a myth.  
A goal, designed by the privileged,  
Unobtainable by the marginalized.  
A child is  
Adaptable, capable, thriving.  
Not resilient.  
A child does not bounce back.  
A child adapts and moves forward.

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