Understanding Displacement, Resettlement, and Resilience in Refugee and Migrant Families Resettling in Canada

Experiences during Displacement

Mother

Mothers like me were displaced an average of 3.5 years, with some of us being displaced for as long as 10 years

Child

3 in 4 children like me experienced at least 1 major stressor before coming to Canada, most often witnessing violence

95% of us experienced at least 1 major stressor before coming to Canada, most commonly the death of a loved one

1 in 4 of us lost between 1 and 4 years of schooling while displaced

Before moving to Canada, many of us fled Syria with our families to between 1 and 3 neighboring countries

Experiences during Resettlement

Mother

1 in 2 mothers like me felt stressed about a family member's health

Child

Most children like me felt rejected by peers at least once a week

40% of us reported feeling financially unstable at least once a week

41% of us were bullied or teased at least once a week

2 in 3 of us had trouble with schoolwork at least once a week

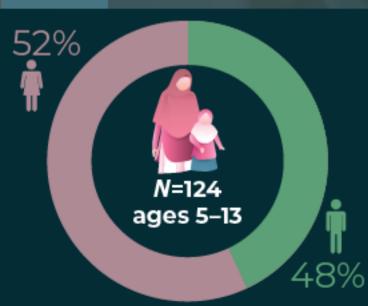
Children's Social and Emotional Development

Child

On average, we scored in the low range on emotion regulation and in the low-to-moderate range on trust in others

Despite our exposure to pre- and post-migratory stressors, most of us scored in the moderate-to-high range on optimism and indicators of kindness, such as empathy and prosocial behavior





This data was collected as part of an ongoing study, "Supporting Prosociality and Resilience in Newcomer Transitions (SPRINT)", aiming to understand the displacement and resettlement experiences of Syrian refugee and migrant children and their mothers, as well as the children's social-emotional strengths and needs upon resettlement in Canada. Contributors to this infographic: Danah Elsayed, Maarya Abdulkarim, Salwa Yaghi, Anastasiya Gordiychuk, Nirma Jbara, Shahd Fulath Khan, Laila Akel, Shahdah Mahhouk, Eaman Nasar, Tyler Colasante, Joanne Filippelli, Redab Al Janaideh, and Tina Malti. We are very grateful to our community partners at the Public Health Agency of Canada, Muslim Council of Greater Hamilton, and YMCA of Hamilton Burlington Brantford, as well as to the mothers and children who participated. For more information on the current activities of SPRINT, see:



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