

Terms of Use

10 Steps to Resilience

Last updated: 7 October 2026

1. About 10 Steps to Resilience

10 Steps to Resilience is an independent project operated by Katie Powis.

The website provides information, resources, ideas and guidance relating to resilience, emotional wellbeing, emotional literacy, social and communication skills and other areas that may support children, young people, parents/carers and professionals.

By accessing or using the website www.10stepstoresilience.com, you agree to these Terms of Use.

If you do not agree with these Terms of Use, please do not use the website or its resources.

2. Use of the website and resources

The information and resources available on this website are provided for educational and supportive purposes.

You may use the free resources provided on the website for appropriate personal, educational or professional purposes, subject to these Terms of Use.

Resources should be used in a way that is appropriate to the individual child or young person and their circumstances.

The resources are not intended to replace professional medical, psychological, therapeutic, educational, safeguarding or other specialist advice where such advice is required.

3. Intellectual property and copyright

Unless otherwise stated, the content of the 10 Steps to Resilience website belongs to Katie Powis / 10 Steps to Resilience.

This includes, but is not limited to:

- The 10 Steps to Resilience name and branding
- logos and characters
- 1. workbooks
- worksheets and activity resources
- posters and visual resources
- written content and articles
- blogs
- photographs, illustrations and graphics
- videos and podcasts
- training and workshop materials
- website content and original ideas presented through the website.

These materials are protected by applicable intellectual property and copyright laws.

You must not:

- reproduce or copy resources for resale
- claim the resources or content as your own
- remove copyright or branding information
- substantially alter resources and redistribute them as your own work
- upload resources to another website or online resource library without permission
- reproduce or distribute paid or restricted resources without permission
- use the 10 Steps to Resilience logo, characters or branding in a way that suggests endorsement or ownership by another person or organisation
- commercially exploit the resources without written permission.

4. Sharing resources

Where a resource is identified as being available for free use, you may download, print and use it for appropriate educational, personal or professional purposes.

Where you wish to share a resource with colleagues, parents/carers or other professionals, please direct them to the 10 Steps to Resilience website where possible rather than uploading or reproducing the resource elsewhere.

If you would like to reproduce, adapt, distribute or use any 10 Steps to Resilience resource for commercial purposes, please contact Katie Powis for permission.

5. Workshops, training and services

Information about workshops, training and other services provided by 10 Steps to Resilience is subject to availability.

Submitting an enquiry through the website does not automatically constitute a booking or create a contract.

A booking or arrangement will only be confirmed once this has been agreed directly with Katie Powis.

Specific terms relating to an individual workshop, training session or service may be provided separately where appropriate.

6. Information relating to children and young people

The general contact form on this website is not intended for submitting detailed or sensitive information about individual children or young people.

Please do not submit information such as:

- medical information
- diagnoses
- mental health information
- safeguarding information
- detailed family circumstances
- sensitive SEND information
- other confidential information about an identifiable child or young person.

If you need to discuss a particular child or young person in relation to a service, please contact Katie Powis directly so that the appropriate method of communication can be considered.

7. Accuracy of information

Every reasonable effort is made to ensure that the information provided on the website is accurate and useful.

However, information may change over time and 10 Steps to Resilience does not guarantee that all information will always be complete, current or suitable for every individual circumstance.

You should use your own professional judgement when applying information or resources.

8. External websites and links

The website may contain links to external websites, organisations or resources.

These links are provided for information and convenience.

10 Steps to Resilience does not control external websites and cannot guarantee the accuracy, availability, security or content of websites operated by third parties.

The inclusion of a link does not necessarily mean that 10 Steps to Resilience endorses or recommends the organisation, product or service concerned.

9. Website availability and security

Reasonable steps are taken to keep the website available, secure and functioning properly. However, we cannot guarantee that the website will always be available, uninterrupted or free from technical problems.

We reserve the right to update, change, suspend or remove website content or resources where necessary.

You must not knowingly attempt to damage, disrupt or gain unauthorised access to the website or its systems.

10. Limitation of responsibility

10 Steps to Resilience provides information and resources to support learning, resilience and wellbeing.

The resources should not be treated as a substitute for appropriate professional assessment, advice or intervention.

To the extent permitted by applicable law, 10 Steps to Resilience will not be responsible for losses arising from reliance on information or resources provided through the website where such responsibility cannot reasonably be attributed to us.

Nothing in these Terms of Use is intended to exclude or limit any liability that cannot legally be excluded or limited.

11. Privacy and cookies

Your use of personal information submitted through this website is explained in our Privacy Policy.

Information about cookies and similar technologies used on the website is explained in our Cookie Policy.

You can access both policies through the website footer.

12. Changes to these Terms

These Terms of Use may be updated from time to time to reflect changes to the website, resources, services or legal requirements.

The date at the top of this document shows when it was last updated.

Your continued use of the website following any changes means that you accept the updated Terms of Use.

13. Contact

If you have any questions about these Terms of Use, the use of our resources or permission to reproduce or adapt our materials, please contact:

Katie Powis

10 Steps to Resilience

Email: katie.powis@education.gg

Website: www.10stepstoresilience.com

14. Governing law

These Terms of Use are governed by the laws of Guernsey.

Any dispute arising in connection with these Terms of Use will be subject to the applicable jurisdiction of the courts of Guernsey.