

# Adapted Child And Youth Resilience Measure

Record ID \_\_\_\_\_

**To what extent do the following statements apply to your child (age 5-9)? There are no right or wrong answers.**

1. They cooperate/share with people around them

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

2. They believe getting an education or doing well in school is important to them

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

3. They know how to behave/act in different situations (like school, home, church or mosque)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

4. They have a parent(s)/caregiver(s) who knows where they are and what they are doing most of the time

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

5. They have a parent(s)/caregiver(s) who knows a lot about them (for example what makes them happy, scared, sad)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

6. They have enough to eat at their home when they are hungry

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

7. They are fun to be with or that others like to play with them

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

8. They talk to their family/caregiver(s) about how they feel

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

9. They feel supported by their friends

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot
- 

10. They feel they fit in at their school

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot
- 

11. They have a family/caregiver who cares about them when times are hard (for example if they are sick or have done something wrong)

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot
- 

12. They have friends who care about them when times are hard (for example if they are sick or have done something wrong)

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot
- 

13. They are treated fairly

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot
- 

14. They are given chances to show others that they are growing up and can do things by themselves

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot
- 

15. They feel safe when they are with their family/caregiver(s)

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot
- 

16. They have chances to learn things that will be useful when they are older (like cooking, working, and helping others)

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot
- 

17. They like the way their family/caregiver(s) celebrates things (like holidays or learning about their culture)

- ☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

**To what extent do the following statements apply to the individual (age 10 and above)? There are no right or wrong answers.**

1. They get along with people around them

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

2. Getting an education or doing well is important to them

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

3. They know how to behave/act in different situations (like school, home or church)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

4. Their parent(s)/caregiver(s) really look out for them

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

5. Their parent(s)/caregiver(s) know a lot about them (for example, what makes them happy, sad, scared)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

6. There is enough to eat at home when they are hungry

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

7. People like to spend time with them

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

8. They talk to their family/caregiver(s) about how they feel (for example when I am hurt or sad)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

9. They are usually supported by their friends

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

10. They feel that they belong at their school

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

11. Their family/caregiver(s) cares about them when times are hard (for example if they are sick or have done something wrong)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

12. Their friends care about them when times are hard (for example if they are sick or have done something wrong)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

13. They are treated fairly in their community

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

14. They are given chances to show others that they are growing up and can do things by themselves

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

15. They feel safe when they are with their family/caregiver(s)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

16. They have chances to learn things that will be useful when they are older (like cooking, working and helping others)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---

17. They like the way their family/caregiver(s) celebrates things (like holidays or learning about their culture)

☐ Not at all  
☐ A little  
☐ Somewhat  
☐ Quite a bit  
☐ A lot

---