

Youth Resilience Survey Grades 9-11

This survey asks about positive things that help people overcome stress and challenges. It is completely voluntary. If you do not want to answer a question, click "Prefer not to answer". We would like your honest opinions. There are no right or wrong answers. There are many ways to think about words like family and community. Please think of the words in ways that are meaningful to you. Choose one answer for each statement. Thank you!

	No	Sometimes	Yes	Prefer not to answer
1. I have people I want to be like	No	Sometimes	Yes	
2. I share/cooperate with people around me	No	Sometimes	Yes	
3. Getting an education is important to me	No	Sometimes	Yes	
4. I know how to behave/act in different situations (such as school, home and church)	No	Sometimes	Yes	
5. My parent(s)/caregiver(s) watch me closely, they know where I am and what I am doing most of the time	No	Sometimes	Yes	
6. I feel that my parent(s)/caregiver(s) know a lot about me (for example, who my friends are, what I like to do)	No	Sometimes	Yes	
7. There is enough to eat at home when I am hungry	No	Sometimes	Yes	
8. I try to finish activities that I start	No	Sometimes	Yes	
9. Spiritual beliefs are a source of strength for me (for example, believing in a God or Allah)	No	Sometimes	Yes	
10. I am proud of my ethnic background (for example, I know where my family comes from or know about my family's history)	No	Sometimes	Yes	
11. People think I am fun to be with	No	Sometimes	Yes	
12. I talk to my family about how I feel (for example when I am hurt or sad)	No	Sometimes	Yes	
13. When things don't go my way, I can fix it without hurting myself or other people (for example hitting others or saying nasty things)	No	Sometimes	Yes	
14. I feel supported by my friends	No	Sometimes	Yes	
15. I know where to go to get help	No	Sometimes	Yes	
16. I feel I belong at my school	No	Sometimes	Yes	
17. I think my family cares about me when times are hard (for example if I am sick or have done something wrong)	No	Sometimes	Yes	
18. I think my friends care about me when times are hard (for example if I am sick or have done something wrong)	No	Sometimes	Yes	
19. I am treated fairly	No	Sometimes	Yes	
20. I have chances to show others that I am growing up and can do things by myself	No	Sometimes	Yes	
21. I know what I am good at	No	Sometimes	Yes	
22. I participate in religious activities (such as church, mosque)	No	Sometimes	Yes	
23. I think it is important to help out in my community	No	Sometimes	Yes	
24. I feel safe when I am with my family	No	Sometimes	Yes	
25. I have chances to learn things that will be useful when I am older (like cooking, working, and helping others)	No	Sometimes	Yes	
26. I like the way my family celebrates things (like holidays or learning about my culture)	No	Sometimes	Yes	
27. I like the way my community celebrates things (like holidays, festivals)	No	Sometimes	Yes	
28. I am proud to be a part of the community in which I live.	No	Sometimes	Yes	

29. How many adults live at home with you?

Circle one: 0 1 2 3 4 or more

School Name:

Grade: 9th 10th 11th

30. How many children live at home with you?

Circle one: 0 1 2 3 4 or more

