

Youth Resilience Survey Grades 9-12

Culture of Care

This survey measures things that support resilience in your life three different ways: things that support your individual strengths, things that support relationships, and things that build community. Resilience helps people overcome stress and challenges. Your school values and wants to understand your experience. This is a way for your voice to be heard.

There are no right or wrong answers. It is completely voluntary. If you do not feel comfortable answering a question you can skip it. 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!

<i>Please enter your information:</i>	School Name	
	Grade	

	No	Sometimes	Yes	Prefer not to answer
1. I have people I want to be like				
2. I share/cooperate with people around me				
3. Getting an education is important to me				
4. I know how to behave/act in different situations (such as school, home & church)				
5. My parent(s)/caregiver(s) watch me closely, they know where I am and what I am doing most of the time				
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)				
7. There is enough to eat at home when I am hungry				
8. I try to finish activities that I start				
9. Spiritual beliefs are a source of strength for me (for example, believing in a God or Allah)				
10. I am proud of my ethnic background (for example, I know where my family comes from or know about my family's history)				
11. People think I am fun to be with				
12. I talk to my family about how I feel (for example when I am hurt or sad)				
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)				
14. I feel supported by my friends				
15. I know where to go to get help				
16. I feel that I belong at my school				
17. I think my family cares about me when times are hard (for example if I am sick or have done something wrong)				
18. I think my friends care about me when times are hard (for example if I am sick or have done something wrong)				
19. I am treated fairly				
20. I have chances to show others that I am growing up and can do things by myself				
21. I know what I am good at				
22. I participate in religious activities (such as church, temple, mosque)				
23. I think it is important to help out in my community				
24. I feel safe when I am with my family				
25. I have chances to learn things that will be useful when I am older (like cooking, working, and helping others)				
26. I like the way my family celebrates things (like holidays or learning about my culture)				
27. I like the way my community celebrates things (like holidays, festivals)				
28. I am proud to be a part of the community in which I live.				

Please turn over

29. How many adults are in your life that truly care about you? (this might be people like family, coaches, mentors, neighbors, others) *Circle one:*

None right now 1 2 3 4 or more

30. Do you sleep at the same place most nights?

Circle one:

Yes No Prefer not to answer

31. Which of these do you do outside of class? *Check all that apply:*

__ Art __ Camps __ Clubs __ Cultural Activities

__ Dance/Movement __ Hang out with Friends

__ Martial Arts __ Music __ Mentor or Buddy programs

__ Social Justice/Activism __ Sports

__ Spiritual/Religious Groups __ Work/Internships

__ Volunteering __ Youth Group or Association

__ Other (please specify): _____