

# Child & Youth Resilience Measure-Revised (CYRM-R)

CYRM-R						
To what extent do the following statements apply to you? There are no right or wrong answers.						
		Not at all [1]	A little [2]	Somewhat [3]	Quite a bit [4]	A lot [5]
1	I cooperate with people around me	1	2	3	4	5
2	Getting an education is important to me	1	2	3	4	5
3	I know how to behave in different social situations	1	2	3	4	5
4	My parent(s)/caregiver(s) really look out for me	1	2	3	4	5
5	My parent(s)/caregiver(s) know a lot about me	1	2	3	4	5
6	If I am hungry, there is enough to eat	1	2	3	4	5
7	People like to spend time with me	1	2	3	4	5
8	I talk to my family/caregiver(s) about how I feel	1	2	3	4	5
9	I feel supported by my friends	1	2	3	4	5
10	I feel that I belong/belonged at my school	1	2	3	4	5
11	My family/caregiver(s) stand by me during difficult times	1	2	3	4	5
12	My friends stand by me during difficult times	1	2	3	4	5
13	I am treated fairly in my community	1	2	3	4	5
14	I have opportunities to show others that I am becoming an adult and can act responsibly	1	2	3	4	5
15	I feel safe when I am with my family/caregiver(s)	1	2	3	4	5
16	I have opportunities to develop skills that will be useful later in life (like job skills and skills to care for others)	1	2	3	4	5
17	I enjoy my family's/caregiver's cultural and family traditions	1	2	3	4	5