

Child and Youth Resilience Measure-28 (Youth Version)





































Citation: Ungar, M., & Liebenberg, L. (2011). Assessing resilience across cultures using mixed-methods: Construction of the Child and Youth Resilience Measure-28. *Journal of Mixed Methods Research*, 5(2), 126-149. (Please do not use without permission of the authors. For permission, please contact rrc@dal.ca)




































To what extent do the statements below DESCRIBE YOU?	Not at All	A Little	Some- what	Quite a Bit	A Lot
1. I have people I look up to	1	2	3	4	5
2. I cooperate with people around me	1	2	3	4	5
3. Getting an education is important to me	1	2	3	4	5
4. I know how to behave in different social situations	1	2	3	4	5
5. My parent(s)/caregiver(s) watch me closely	1	2	3	4	5
6. My parent(s)/caregiver(s) know a lot about me	1	2	3	4	5
7. If I am hungry, there is enough to eat	1	2	3	4	5
8. I try to finish what I start	1	2	3	4	5
9. Spiritual beliefs are a source of strength for me	1	2	3	4	5
10. I am proud of my ethnic background	1	2	3	4	5
11. People think that I am fun to be with	1	2	3	4	5
12. I talk to my family/caregiver(s) about how I feel	1	2	3	4	5
13. I am able to solve problems without harming myself or others (for example by using drugs and/or being violent)	1	2	3	4	5
14. I feel supported by my friends	1	2	3	4	5
15. I know where to go in my community to get help	1	2	3	4	5
16. I feel I belong at my school	1	2	3	4	5
17. My family stands by me during difficult times	1	2	3	4	5
18. My friends stand by me during difficult times	1	2	3	4	5
19. I am treated fairly in my community	1	2	3	4	5
20. I have opportunities to show others that I am becoming an adult and can act responsibly	1	2	3	4	5
21. I am aware of my own strengths	1	2	3	4	5
22. I participate in organized religious activities	1	2	3	4	5
23. I think it is important to serve my community	1	2	3	4	5
24. I feel safe when I am with my family/caregiver(s)	1	2	3	4	5
25. 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
26. I enjoy my family's/caregiver's cultural and family traditions	1	2	3	4	5
27. I enjoy my community's traditions	1	2	3	4	5
28. I am proud to be (Nationality: _____)?	1	2	3	4	5

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Please circle one answer for each question.

	No	Sometimes	Yes
1. Do you have people you want to be like?			
2. Do you share with people around you?			
3. Is doing well in school important to you?			
4. Do you know how to behave/act in different situations (such as school, home and church or mosque)?			
5. Do you feel that your parent(s)/caregiver(s) know where you are and what you are doing all of the time?			
6. Do you feel that your parent(s)/ caregiver(s) know a lot about you (for example, what makes you happy, what makes you scared)?			
7. Is there enough to eat in your home when you are hungry?			
8. Do you try to finish activities that you start?			
9. Do you know where your family comes from or know your family's history?			
10. Do other children like to play with you?			
11. Do you talk to your family about how you feel (for example when you are hurt or feeling scared)?			
12. When things don't go your way, can you fix it without hurting yourself or other people (for example, without hitting others or saying nasty things)?			

	No	Sometimes	Yes
13. Do you have friends that care about you?			
14. Do you know where to go to get help?			
15. Do you feel you fit in with other children?			
16. Do you think your family cares about you when times are hard (for example, if you are sick or have done something wrong)?			
17. Do you think your friends care about you when times are hard (for example if you are sick or have done something wrong)?			
18. Are you treated fairly?			
19. Do you have chances to show others that you are growing up and can do things by yourself?			
20. Do you know what you are good at?			
21. Do you participate in religious activities (such as church, mosque)?			
22. Do you think it is important to help out in your community?			
23. Do you feel safe when you are with your family?			
24. Do you have chances to learn things that will be useful when you are older (like cooking, working, and helping others)?			
25. Do you like the way your family celebrates things (like holidays or learning about your culture)?			
26. Do you like the way your community celebrates things (like holidays, festivals)?			

Service Use Satisfaction Questionnaire

(*Adapted from the Pathways to Resilience Youth Measure [PRYM]. For permission to use, please contact The Resilience Research Centre [rrc@dal.ca]. For information on the PRYM, please see: Ungar, M., Liebenberg, L., Armstrong, M., Dudding, P., & van de Vijver, F. J. R. (in press). Patterns of service use, individual and contextual risk factors, and resilience among adolescents using multiple psychosocial services. *Child Abuse & Neglect*. Doi: 10.1016/j.chiabu.2012.08.04)

Thinking about the services you and your family have received from _____ (name a service you have recently received), please indicate the extent to which the following statements describe your experience with this service.

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1. Overall, I am satisfied with the services I received	1	2	3	4	5
2. I helped choose my services	1	2	3	4	5
3. I had a say in how this service was delivered to me, and could ask for what I wanted	1	2	3	4	5
4. I received services that were right for me	1	2	3	4	5
5. I could get the service when I needed it	1	2	3	4	5
6. This was the service I needed	1	2	3	4	5
7. Staff respected my religious and spiritual beliefs	1	2	3	4	5
8. Staff spoke in a way that I understood	1	2	3	4	5
9. Staff were sensitive to my cultural and ethnic background	1	2	3	4	5

10. What has been most helpful about this service?

11. What has been least helpful about this service?
