









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

## CYRM-R (child)

Please choose one answer for each question.

There are no right or wrong answers.

		Not at all [1]	A little [2]	Somewhat [3]	Quite a bit [4]	A lot [5]
1	Do you share with people around you?					
2	Is doing well in school important to you?					
3	Do you know how to behave/act in different situations (such as school, home, holy places)?					
4	Do you feel that your parent(s)/caregiver(s) know where you are and what you are doing all of the time?					
5	Do you feel that your parent(s)/caregiver(s) know a lot about you (for example, what makes you happy, what makes you scared)?					
6	Is there enough to eat in your home when you are hungry?					
7	Do other children like to play with you?					
8	Do you talk to your family/caregiver(s) about how you feel (for example when you are hurt or feeling scared)?					
9	Do you have friends that care about you?					
10	Do you feel you fit in with other children?					
11	Do you think your family/caregiver(s) cares about you when times are hard (for example, if you are sick or have done something wrong)?					
12	Do you think your friends care about you when times are hard (for example if you are sick or have done something wrong)?					
13	Are you treated fairly?					
14	Do you have chances to show others that you are growing up and can do things by yourself?					
15	Do you feel safe when you are with your family/caregiver(s)?					
16	Do you have chances to learn things that will be useful when you are older (like cooking, working, and helping others)?					
17	Do you like the way your family/caregiver(s) celebrates things (like holidays or learning about your culture)?					

For administration instructions and scoring, please refer to the accompanying manual.

When using the measure, please cite the following:

Resilience Research Centre. (2018). CYRM and ARM user manual. Halifax, NS: Resilience Research Centre, Dalhousie University. Retrieved from <http://www.resilienceresearch.org/>

Jefferies, P., McGarrigle, L., & Ungar, M. (2018). The CYRM-R: a Rasch-validated revision of the Child and Youth Resilience Measure. *Journal of Evidence-Informed Social Work*, 1-24. <https://doi.org/10.1080/23761407.2018.1548403>