



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 |

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

When using the measure, please cite the following:

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