

## Resilience &amp; Youth Development Module

## SUPPLEMENT 1

**Please mark on your answer sheet how you feel about each of the following statements.**

*How true do you feel these statements are about you personally?*

|      |   | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|------|---|--------------------|------------------|---------------------|-------------------|
| W1.  | I have goals and plans for the future.                          | A                  | B                | C                   | D                 |
| W2.  | I plan to graduate from high school.                            | A                  | B                | C                   | D                 |
| W3.  | I plan to go to college or some other school after high school. | A                  | B                | C                   | D                 |
| W4.  | I know where to go for help with a problem.                     | A                  | B                | C                   | D                 |
| W5.  | I try to work out problems by talking or writing about them.    | A                  | B                | C                   | D                 |
| W6.  | I can work out my problems.                                     | A                  | B                | C                   | D                 |
| W7.  | I can do most things if I try.                                  | A                  | B                | C                   | D                 |
| W8.  | I can work with someone who has different opinions than mine.   | A                  | B                | C                   | D                 |
| W9.  | There are many things that I do well.                           | A                  | B                | C                   | D                 |
| W10. | I feel bad when someone gets their feelings hurt.               | A                  | B                | C                   | D                 |
| W11. | I try to understand what other people go through.               | A                  | B                | C                   | D                 |
| W12. | When I need help, I find someone to talk with.                  | A                  | B                | C                   | D                 |
| W13. | I enjoy working together with other students my age.            | A                  | B                | C                   | D                 |
| W14. | I stand up for myself without putting others down.              | A                  | B                | C                   | D                 |
| W15. | I try to understand how other people feel and think.            | A                  | B                | C                   | D                 |
| W16. | There is a purpose to my life.                                  | A                  | B                | C                   | D                 |
| W17. | I understand my moods and feelings.                             | A                  | B                | C                   | D                 |
| W18. | I understand why I do what I do.                                | A                  | B                | C                   | D                 |

### How true are these statements about your FRIENDS?

*I have a friend about my own age ...*

|      |   | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|------|---|--------------------|------------------|---------------------|-------------------|
| W19. | who really cares about me.                | A                  | B                | C                   | D                 |
| W20. | who talks with me about my problems.      | A                  | B                | C                   | D                 |
| W21. | who helps me when I'm having a hard time. | A                  | B                | C                   | D                 |

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*My friends ...*

|                                 | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|---------------------------------|--------------------|------------------|---------------------|-------------------|
| W22. get into a lot of trouble. | A                  | B                | C                   | D                 |
| W23. try to do what is right.   | A                  | B                | C                   | D                 |
| W24. do well in school.         | A                  | B                | C                   | D                 |

**How true are these statements about your HOME or the ADULTS WITH WHOM YOU LIVE?**

*In my home, there is a parent or some other adult ...*

|  | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|--|--------------------|------------------|---------------------|-------------------|
| W25. who expects me to follow the rules.             | A                  | B                | C                   | D                 |
| W26. who is interested in my schoolwork.             | A                  | B                | C                   | D                 |
| W27. who believes that I will be a success.          | A                  | B                | C                   | D                 |
| W28. who talks with me about my problems.            | A                  | B                | C                   | D                 |
| W29. who always wants me to do my best.              | A                  | B                | C                   | D                 |
| W30. who listens to me when I have something to say. | A                  | B                | C                   | D                 |

*At home, ...*

|  | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|--|--------------------|------------------|---------------------|-------------------|
| W31. I do fun things or go fun places with my parents or other adults. | A                  | B                | C                   | D                 |
| W32. I do things that make a difference.                               | A                  | B                | C                   | D                 |
| W33. I help make decisions with my family.                             | A                  | B                | C                   | D                 |

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**The next statements are about what might occur outside your school or home, such as in your NEIGHBORHOOD, COMMUNITY, or with an ADULT other than your parents or guardian.**

*Outside of my home and school, there is an adult ...*

|   | Not At All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|---|--------------------|------------------|---------------------|-------------------|
| W34. who really cares about me.                   | A                  | B                | C                   | D                 |
| W35. who tells me when I do a good job.           | A                  | B                | C                   | D                 |
| W36. who notices when I am upset about something. | A                  | B                | C                   | D                 |
| W37. who believes that I will be a success.       | A                  | B                | C                   | D                 |
| W38. who always wants me to do my best.           | A                  | B                | C                   | D                 |
| W39. whom I trust.                                | A                  | B                | C                   | D                 |

*Outside of my home and school, ...*

|  | Not at All<br>True | A Little<br>True | Pretty Much<br>True | Very Much<br>True |
|--|--------------------|------------------|---------------------|-------------------|
| W40. I am part of clubs, sports teams, church/temple, or other group activities. | A                  | B                | C                   | D                 |
| W41. I am involved in music, art, literature, sports, or a hobby.                | A                  | B                | C                   | D                 |
| W42. I help other people.  | A                  | B                | C                   | D                 |