



# 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.

		No [1]	Sometimes [2]	Yes [3]
1	I cooperate with people around me	1	2	3
2	Getting an education is important to me	1	2	3
3	I know how to behave in different social situations	1	2	3
4	My parent(s)/caregiver(s) really look out for me	1	2	3
5	My parent(s)/caregiver(s) know a lot about me	1	2	3
6	If I am hungry, there is enough to eat	1	2	3
7	People like to spend time with me	1	2	3
8	I talk to my family/caregiver(s) about how I feel	1	2	3
9	I feel supported by my friends	1	2	3
10	I feel that I belong/belonged at my school	1	2	3
11	My family/caregiver(s) stand by me during difficult times	1	2	3
12	My friends stand by me during difficult times	1	2	3
13	I am treated fairly in my community	1	2	3
14	I have opportunities to show others that I am becoming an adult and can act responsibly	1	2	3
15	I feel safe when I am with my family/caregiver(s)	1	2	3
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
17	I enjoy my family's/caregiver's cultural and family traditions	1	2	3

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

**When using the measure, please cite the following:**

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