



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 get along with people around me	1	2	3
2	Getting an education is important to me	1	2	3
3	I know how to behave/act in different situations (such as school, home and church)	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 (for example, who my friends are, what I like to do)	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 (for example when I am hurt or sad)	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) care about me when times are hard (for example if I am sick or have done something wrong)	1	2	3
12	My friends care about me when times are hard (for example if I am sick or have done something wrong)	1	2	3
13	I am treated fairly in my community	1	2	3
14	I have chances to show others that I am growing up and can do things by myself	1	2	3
15	I feel safe when I am with my family/caregiver(s)	1	2	3
16	I have chances to learn things that will be useful when I am older (like cooking, working, and helping others)	1	2	3
17	I like the way my family/caregiver(s) celebrates things (like holidays or learning about my culture)	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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