

## 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 True	A Little True	Pretty Much True	Very Much True
X1. I have high goals and expectations for myself.	A	B	C	D
X2. I plan to graduate from high school.	A	B	C	D
X3. I plan to go to college or some other school after high school.	A	B	C	D
X4. I am looking forward to a successful career.	A	B	C	D
X5. I know where to go for help with a problem.	A	B	C	D
X6. I try to work out problems by talking or writing about them.	A	B	C	D
X7. I can work out my problems.	A	B	C	D
X8. I don't expect very much of myself in the future.	A	B	C	D
X9. I can do most things if I try.	A	B	C	D
X10. I can work with someone who has different opinions than mine.	A	B	C	D
X11. There are many things that I do well.	A	B	C	D
X12. I listen to other students' ideas.	A	B	C	D
X13. I feel bad when someone gets their feelings hurt.	A	B	C	D
X14. I try to understand what other people go through.	A	B	C	D
X15. When I need help, I find someone to talk with.	A	B	C	D
X16. I enjoy working together with other students on class activities.	A	B	C	D
X17. When I work in school groups, I do my fair share.	A	B	C	D
X18. I stand up for myself without putting others down.	A	B	C	D
X19. I try to understand how other people feel and think.	A	B	C	D
X20. I trust my ability to solve difficult problems.	A	B	C	D
X21. There is a purpose to my life.	A	B	C	D
X22. I understand my moods and feelings.	A	B	C	D
X23. I understand why I do what I do.	A	B	C	D

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

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

	Not At All True	A Little True	Pretty Much True	Very Much True
<b>X24.</b> who really cares about me.	A	B	C	D
<b>X25.</b> who talks with me about my problems.	A	B	C	D
<b>X26.</b> who helps me when I'm having a hard time.	A	B	C	D

*My friends...*

	Not At All True	A Little True	Pretty Much True	Very Much True
<b>X27.</b> get into a lot of trouble.	A	B	C	D
<b>X28.</b> try to do what is right.	A	B	C	D
<b>X29.</b> 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 True	A Little True	Pretty Much True	Very Much True
<b>X30.</b> who expects me to follow the rules.	A	B	C	D
<b>X31.</b> who is interested in my schoolwork.	A	B	C	D
<b>X32.</b> who believes that I will be a success.	A	B	C	D
<b>X33.</b> who talks with me about my problems.	A	B	C	D
<b>X34.</b> who always wants me to do my best.	A	B	C	D
<b>X35.</b> who listens to me when I have something to say.	A	B	C	D

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*At home,...*

	Not At All True	A Little True	Pretty Much True	Very Much True
<b>X36.</b> I do fun things or go fun places with my parents or other adults.	A	B	C	D
<b>X37.</b> I do things that make a difference.	A	B	C	D
<b>X38.</b> I help make decisions with my family.	A	B	C	D

**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 True	A Little True	Pretty Much True	Very Much True
<b>X39.</b> who really cares about me.	A	B	C	D
<b>X40.</b> who tells me when I do a good job.	A	B	C	D
<b>X41.</b> who notices when I am upset about something.	A	B	C	D
<b>X42.</b> who believes that I will be a success.	A	B	C	D
<b>X43.</b> who always wants me to do my best.	A	B	C	D
<b>X44.</b> whom I trust.	A	B	C	D

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

	Not At All True	A Little True	Pretty Much True	Very Much True
<b>X45.</b> I am part of clubs, sports teams, church/temple, or other group activities.	A	B	C	D
<b>X46.</b> I am involved in music, art, literature, sports, or a hobby.	A	B	C	D
<b>X47.</b> I help other people.	A	B	C	D