

## Resilience & 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
W1.	I have high goals and expectations for myself.	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 am looking forward to a successful career.	A	B	C	D
W5.	I know where to go for help with a problem.	A	B	C	D
W6.	I try to work out problems by talking or writing about them.	A	B	C	D
W7.	I can work out my problems.	A	B	C	D
W8.	I don't expect very much of myself in the future.	A	B	C	D
W9.	I can do most things if I try.	A	B	C	D
W10.	I can work with someone who has different opinions than mine.	A	B	C	D
W11.	There are many things that I do well.	A	B	C	D
W12.	I listen to other students' ideas.	A	B	C	D
W13.	I feel bad when someone gets their feelings hurt.	A	B	C	D
W14.	I try to understand what other people go through.	A	B	C	D
W15.	When I need help, I find someone to talk with.	A	B	C	D
W16.	I enjoy working together with other students on class activities.	A	B	C	D
W17.	When I work in school groups, I do my fair share.	A	B	C	D
W18.	I stand up for myself without putting others down.	A	B	C	D
W19.	I try to understand how other people feel and think.	A	B	C	D
W20.	I trust my ability to solve difficult problems.	A	B	C	D
W21.	There is a purpose to my life.	A	B	C	D
W22.	I understand my moods and feelings.	A	B	C	D
W23.	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
W24. who really cares about me.	A	B	C	D
W25. who talks with me about my problems.	A	B	C	D
W26. 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
W27. get into a lot of trouble.	A	B	C	D
W28. try to do what is right.	A	B	C	D
W29. 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
W30. who expects me to follow the rules.	A	B	C	D
W31. who is interested in my schoolwork.	A	B	C	D
W32. who believes that I will be a success.	A	B	C	D
W33. who talks with me about my problems.	A	B	C	D
W34. who always wants me to do my best.	A	B	C	D
W35. 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
W36. I do fun things or go fun places with my parents or other adults.	A	B	C	D
W37. I do things that make a difference.	A	B	C	D
W38. 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
W39. who really cares about me.	A	B	C	D
W40. who tells me when I do a good job.	A	B	C	D
W41. who notices when I am upset about something.	A	B	C	D
W42. who believes that I will be a success.	A	B	C	D
W43. who always wants me to do my best.	A	B	C	D
W44. 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
W45. I am part of clubs, sports teams, church/temple, or other group activities.	A	B	C	D
W46. I am involved in music, art, literature, sports, or a hobby.	A	B	C	D
W47. I help other people.	A	B	C	D