

RESILIENCE YOUTH SURVEY – KINGSTON YOUTH AND FAMILY SERVICES

INSTRUCTIONS:

Below is a list of positive things that you might have in yourself, your family, friends, neighbourhood, school, and community. For each item that describes you **now** or **within the past three months**, click if the item is true: *Not at All or Rarely* *Somewhat or Sometimes* *Very or Often* *Extremely or Almost Always*

I ...

1 Stand up for what I believe in.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

2 Feel in control of my life and future.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

3 Feel good about myself.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

4 Avoid things that are dangerous or unhealthy.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

5 Enjoy reading or being read to.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

6 Build friendships with other people.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

7 Care about school.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

8 Do my homework.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

9 Stay away from tobacco, alcohol, and other drugs.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

10 Enjoy learning.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

11 Express my feelings in proper ways.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

12 Feel good about my future.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

13 Seek advice from my parents.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

14 Deal with frustration in positive ways.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

15 Overcome challenges in positive ways.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

16 Think it is important to help other people.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

17 Feel safe and secure at home.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

18 Plan ahead and make good choices.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

19 Resist bad influences.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

20 Resolve conflicts without anyone getting hurt.

- Not At All or rarely
- Somewhat or Sometimes

- Very or Often
- Extremely or Almost Always

21 Feel valued and appreciated by others.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

22 Take responsibility for what I do.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

23 Tell the truth even when it is not easy.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

24 Accept people who are different from me.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

25 Feel safe at school.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

I am ...

26 Actively engaged in learning new things.

- Not At All or rarely
- Somewhat or Sometimes

- Very or Often
- Extremely or Almost Always

27 Developing a sense of purpose in my life.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

28 Encouraged to try things that might be good for me.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

29 Included in family tasks and decisions.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

30 Helping to make my community a better place.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

31 Involved in a religious group or activity.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

32 Developing good health habits.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

33 Encouraged to help others.

- Not At All or rarely

- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

34 Involved in a sport, club, or other group.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

35 Trying to help solve social problems.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

36 Given useful roles and responsibilities.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

37 Developing respect for other people.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

38 Eager to do well in school and other activities.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

39 Sensitive to the needs and feelings of others.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

40 Involved in creative things such as music, theatre or art.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

41 Serving others in my community.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

42 Spending quality time at home with my parent(s).

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

I have ...

43 Friends who set good examples for me.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

44 A school that gives students clear rules.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

45 Adults who are good role models for me.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

46 A safe neighbourhood.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often

Extremely or Almost Always

47 Parent(s) who try to help me succeed.

Not At All or rarely

Somewhat or Sometimes

Very or Often

Extremely or Almost Always

48 Good neighbours who care about me.

Not At All or rarely

Somewhat or Sometimes

Very or Often

Extremely or Almost Always

49 A school that cares about kids and encourages them.

Not At All or rarely

Somewhat or Sometimes

Very or Often

Extremely or Almost Always

50 Teachers who urge me to develop and achieve.

Not At All or rarely

Somewhat or Sometimes

Very or Often

Extremely or Almost Always

51 Support from adults other than my parents.

Not At All or rarely

Somewhat or Sometimes

Very or Often

Extremely or Almost Always

52 A family that provides me with clear rules.

Not At All or rarely

Somewhat or Sometimes

Very or Often

Extremely or Almost Always

53 Parent(s) who urge me to do well in school.

Not At All or rarely

Somewhat or Sometimes

- Very or Often
- Extremely or Almost Always

54A family that gives me love and support.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

55Neighbours who help watch out for me.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

56Parent(s) who are good at talking with me about things.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

57A school that enforces rules fairly.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

58A family that knows where I am and what I am doing.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

Please read this carefully:

We should like to know if you have had any medical complaints, and how your health has been in general, over the past few weeks. Please answer ALL questions simply by clicking the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past. It is important that you answer ALL the questions. Thank you very much for your co-operation.

Have you recently ...

59been able to concentrate on whatever you're doing?

- Better than usual

- Same as usual
- Less than usual
- Much less than usual

60lost much sleep over worry?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

61felt that you are playing a useful part in things?

- More so than usual
- Same as usual
- Less useful than usual
- Much less useful

62felt capable of making decisions about things?

- More so than usual
- Same as usual
- Less so than usual
- Much less capable

63felt constantly under strain?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

64felt you couldn't overcome your difficulties?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

65been able to enjoy your normal day-to-day activities?

- More so than usual
- Same as usual
- Less so than usual
- Much less than usual

66been able to face up to your problems?

- More so than usual
- Same as usual
- Less able than usual
- Much less able

67been feeling unhappy and depressed?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

68been losing confidence in yourself?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

69been thinking of yourself as a worthless person?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

70been feeling reasonably happy, all things considered?

- More so than usual
- About same as usual
- Less so than usual
- Much less than usual

For these questions, please follow these instructions:

Directions: The six sentences below describe how you think about yourself and how you do things in general. Read each sentence carefully. For each sentence, please think about how you are in most situations. Please click the sentence that describes YOU the best. For example, click "None of the time" if this describes you. Or, if you are this way "All the time", please click this. Please answer every question by clicking one of the sentences. There are no right or wrong answers.

In most situations ...

71I think I am doing pretty well.

- None of the time
- A little of the time
- Some of the time
- A lot of the time

- Most of the time
- All of the time

72 I can think of many ways to get things in life that are most important to me.

- None of the time
- A little of the time
- Some of the time
- A lot of the time
- Most of the time
- All of the time

73 I am doing just as well as other kids my age.

- None of the time
- A little of the time
- Some of the time
- A lot of the time
- Most of the time
- All of the time

74 When I have a problem, I can come up with lots of ways to solve it.

- None of the time
- A little of the time
- Some of the time
- A lot of the time
- Most of the time
- All of the time

75 I think the things I have done in the past will help me in the future.

- None of the time
- A little of the time
- Some of the time
- A lot of the time
- Most of the time
- All of the time

76 Even when others want to quit, I know that I can find ways to solve the problem.

- None of the time
- A little of the time
- Some of the time

- A lot of the time
- Most of the time
- All of the time

INSTRUCTIONS:

Answer each question that describes you **now or within the past twelve months.**

I ...

77Smoke tobacco.

- Not At All
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

78Drink alcohol.

- Not At All
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

79Use illegal drugs.

- Not At All
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

80Keep myself physically fit.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

81Get at least eight hours of sleep most nights.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

82Try to eat well so I can stay well.

- Not At All or rarely

- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

83 Have at least two different groups of friends.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

84 Have adults around me who listen to young people.

- Not At All or rarely
- Somewhat or Sometimes
- Very or Often
- Extremely or Almost Always

85 On an average school day, how much time do you spend doing homework outside of school?

- None
- Half an hour or less
- Between a half hour and an hour
- 1 hour
- 2 hours
- 3 hours or more

86 On an average school week, how much time do you spend doing a part time job?

- None
- 5 hours or less
- Between 5 to 10 hours
- More than 10 hours

Recently ...

87 During the last week, how many times have you used your mobile to send or receive calls or texts, between the hours of 10pm and 6am?

- None
- Once or Twice
- 3 or 4 times
- 5 - 10 times
- 11 or more times

88 During the last week, how many times have you sent or uploaded or downloaded images online that you would not want your parents to see?

- None
- Once or Twice
- 3 or 4 times
- 5 - 10 times
- 11 or more times

89 During the last month, how many times have you been involved in online arguments or fights?

- None
- Once or Twice
- 3 or 4 times
- 5 - 10 times
- 11 or more times

90 During the last month, how many times have you replied in anger to a text message or post sent to you online?

- None
- Once or Twice
- 3 or 4 times
- 5 - 10 times
- 11 or more times

91 During the last month, how many times have you used your phone for homework or research?

- None
- Once or Twice
- 3 or 4 times
- 5 - 10 times
- 11 or more times

92 During the last month, how many times have you received unwanted or hurtful texts, social media messages or phone calls?

- None
- Once or Twice
- 3 or 4 times
- 5 - 10 times
- 11 or more times

During the last 12 months, how many times have you ...

93 threatened to physically hurt someone?

- Never
- Once

- Twice
- Three to four times
- Five or more times

94carried a knife or weapon to protect yourself?

- Never
- Once
- Twice
- Three to four times
- Five or more times

95gambled on-line, or bet money on sports teams?

- Never
- Once
- Twice
- Three to four times
- Five or more times

96been bullied at school?

- Never
- Once
- Twice
- Three to four times
- Five or more times

97been bullied on my computer or phone?

- Never
- Once
- Twice
- Three to four times
- Five or more times

98If you could magically do anything simply at the snap of your fingers, what is one thing that you would do to support the wellbeing of young people?