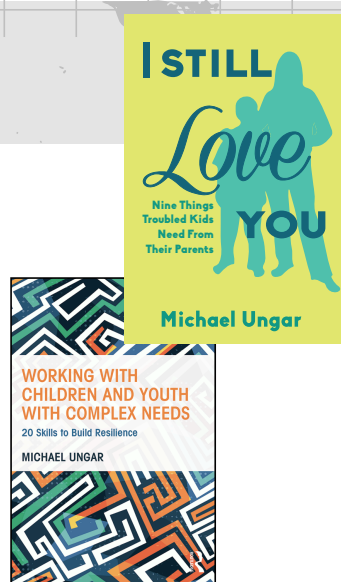


***Tough Conversations:
Nurturing the Resilience
of Young People with
Complex Needs***

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To read more about the ideas explored in this presentation, please see the list of references at the end of these notes, or:

- Ungar, M. (2015). *I still love you: 9 things troubled kids need from their parents*. Toronto, ON: Dundurn.
- Ungar M. (2015). *Working with children and youth with complex needs: 20 skills to build resilience*. New York: Routledge.
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Child and Youth Resilience Measure-28 (Youth Version)

Citation: Ungar, M., & Liebenberg, L. (2011). Assessing resilience across cultures using mixed-methods: Construction of the Child and Youth Resilience Measure-28. *Journal of Mixed Methods Research*, 5(2), 126-149.
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To what extent do the statements below DESCRIBE YOU?	Not at All	A Little	Some-what	Quite a Bit	A Lot
1. I have people I look up to	1	2	3	4	5
2. I cooperate with people around me	1	2	3	4	5
3. Getting an education is important to me	1	2	3	4	5
4. I know how to behave in different social situations	1	2	3	4	5
5. My parent(s)/caregiver(s) watch me closely	1	2	3	4	5
6. My parent(s)/caregiver(s) know a lot about me	1	2	3	4	5
7. If I am hungry, there is enough to eat	1	2	3	4	5
8. I try to finish what I start	1	2	3	4	5
9. Spiritual beliefs are a source of strength for me	1	2	3	4	5
10. I am proud of my ethnic background	1	2	3	4	5
11. People think that I am fun to be with	1	2	3	4	5
12. I talk to my family/caregiver(s) about how I feel	1	2	3	4	5
13. I am able to solve problems without harming myself or others (for example by using drugs and/or being violent)	1	2	3	4	5
14. I feel supported by my friends	1	2	3	4	5
15. I know where to go in my community to get help	1	2	3	4	5
16. I feel I belong at my school	1	2	3	4	5
17. My family stands by me during difficult times	1	2	3	4	5
18. My friends stand by me during difficult times	1	2	3	4	5
19. I am treated fairly in my community	1	2	3	4	5
20. I have opportunities to show others that I am becoming an adult and can act responsibly	1	2	3	4	5
21. I am aware of my own strengths	1	2	3	4	5
22. I participate in organized religious activities	1	2	3	4	5
23. I think it is important to serve my community	1	2	3	4	5
24. I feel safe when I am with my family/caregiver(s)	1	2	3	4	5
25. 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	4	5
26. I enjoy my family's/caregiver's cultural and family traditions	1	2	3	4	5
27. I enjoy my community's traditions	1	2	3	4	5
28. I am proud to be (Nationality: _____)?	1	2	3	4	5
































Child and Youth Resilience Measure-28 (Child Version)




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Construction of the Child and Youth Resilience Measure-28. *Journal of Mixed Methods Research*, 5(2), 126-149.

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Please circle one answer for each question.

	No	Sometimes	Yes
1. Do you have people you want to be like?			
2. Do you share with people around you?			
3. Is doing well in school important to you?			
4. Do you know how to behave/act in different situations (such as school, home and church or mosque)?			
5. Do you feel that your parent(s)/caregiver(s) know where you are and what you are doing all of the time?			
6. Do you feel that your parent(s)/ caregiver(s) know a lot about you (for example, what makes you happy, what makes you scared)?			
7. Is there enough to eat in your home when you are hungry?			
8. Do you try to finish activities that you start?			
9. Do you know where your family comes from or know your family's history?			
10. Do other children like to play with you?			
11. Do you talk to your family about how you feel (for example when you are hurt or feeling scared)?			
12. When things don't go your way, can you fix it without hurting yourself or other people (for example, without hitting others or saying nasty things)?			

	No	Sometimes	Yes
13. Do you have friends that care about you?			
14. Do you know where to go to get help?			
15. Do you feel you fit in with other children?			
16. Do you think your family cares about you when times are hard (for example, if you are sick or have done something wrong)?			
17. Do you think your friends care about you when times are hard (for example if you are sick or have done something wrong)?			
18. Are you treated fairly?			
19. Do you have chances to show others that you are growing up and can do things by yourself?			
20. Do you know what you are good at?			
21. Do you participate in religious activities (such as church, mosque)?			
22. Do you think it is important to help out in your community?			
23. Do you feel safe when you are with your family?			
24. Do you have chances to learn things that will be useful when you are older (like cooking, working, and helping others)?			
25. Do you like the way your family celebrates things (like holidays or learning about your culture)?			
26. Do you like the way your community celebrates things (like holidays, festivals)?			

Resilience Related Readings

(You may also refer to www.resilienceresearch.org for more sources)

Trade Books and Novels

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Important Books and Articles about Resilience

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