

Youth Risk and Resilience Inventory



Robert P. Brady, Ed.D.

Name _____

Age _____ Gender _____ Grade in school _____ Date _____

The *YRRI* helps to identify situations that may be a challenge for you. It also identifies the strengths you have to meet these challenges.

There are no right or wrong answers to the *YRRI*, so respond to each statement honestly. If you are worried about your privacy, talk to your counselor so that you are comfortable taking the *YRRI*.

STEP 1: Circle Your Answers

Read each statement. Then think how often the statement describes you or your situation. Circle 1 for *Never*, 2 for *Seldom*, 3 for *Sometimes*, 4 for *Often*, and 5 for *Very Often*. **Respond to all 54 statements before adding your scores.**

	Never	Seldom	Sometimes	Often	Very Often
1. I'm teased by other students.	1	2	3	4	5
2. I'm pushed around.	1	2	3	4	5
3. I have a lot of friends.	1	2	3	4	5
4. I'm made fun of.	1	2	3	4	5
5. I'm punished too severely at home.	1	2	3	4	5
6. I have friends I can count on.	1	2	3	4	5
7. I'm threatened at school.	1	2	3	4	5
8. I'm afraid to go to school.	1	2	3	4	5
9. There are adults who I trust.	1	2	3	4	5
10. I've been picked on in the past.	1	2	3	4	5

Add the numbers you circled in the yellow rows above. Yellow Subtotal **A**

Add the numbers you circled in the green rows above. Green Subtotal **A**



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	Never	Seldom	Sometimes	Often	Very Often
11. There are too many fights in my school.	1	2	3	4	5
12. There are adults who can help me.	1	2	3	4	5
13. Students don't get along well in my school.	1	2	3	4	5
14. Some kids have weapons at school.	1	2	3	4	5
15. I usually avoid trouble.	1	2	3	4	5
16. I'm threatened by kids in the neighborhood.	1	2	3	4	5
17. My neighborhood isn't safe.	1	2	3	4	5
18. My friends are there for me.	1	2	3	4	5
19. Certain individuals have taken advantage of me.	1	2	3	4	5
20. I have been forced to do things against my will.	1	2	3	4	5
21. I am a positive person.	1	2	3	4	5

Add the numbers you circled in the yellow rows above. Yellow Subtotal B

Add the numbers you circled in the green rows above. Green Subtotal B

	Never	Seldom	Sometimes	Often	Very Often
22. I feel I have been violated.	1	2	3	4	5
23. I'm afraid to be at home.	1	2	3	4	5
24. I get along with my folks.	1	2	3	4	5
25. I have problems with sleep.	1	2	3	4	5
26. I feel sad and blue.	1	2	3	4	5
27. My folks are understanding.	1	2	3	4	5
28. I'm abused by someone close to me.	1	2	3	4	5
29. I'm not treated fairly.	1	2	3	4	5
30. I have supportive teachers.	1	2	3	4	5
31. I get bored.	1	2	3	4	5
32. I stay to myself.	1	2	3	4	5

Add the numbers you circled in the yellow rows above. Yellow Subtotal C

Add the numbers you circled in the green rows above. Green Subtotal C

	Never	Seldom	Sometimes	Often	Very Often
33. I'm a resourceful person.	1	2	3	4	5
34. I have trouble concentrating.	1	2	3	4	5
35. There is violence at home.	1	2	3	4	5
36. I have the energy to do most things.	1	2	3	4	5
37. Adults have put me down.	1	2	3	4	5
38. My school isn't safe.	1	2	3	4	5
39. I have plans for my life.	1	2	3	4	5
40. Sometimes I think things are stacked against me.	1	2	3	4	5
41. Awful things have happened to me.	1	2	3	4	5
42. I feel cared for.	1	2	3	4	5
43. I have had nightmares.	1	2	3	4	5

Add the numbers you circled in the yellow rows above. Yellow Subtotal D

Add the numbers you circled in the green rows above. Green Subtotal D

	Never	Seldom	Sometimes	Often	Very Often
44. I feel I don't belong.	1	2	3	4	5
45. I have established close relationships.	1	2	3	4	5
46. I'm suffering inside.	1	2	3	4	5
47. I have seen fighting at home.	1	2	3	4	5
48. I have talked to someone about my concerns.	1	2	3	4	5
49. I've seen violence on TV and in movies.	1	2	3	4	5
50. I worry about a possible terrorist attack.	1	2	3	4	5
51. I have made responsible choices.	1	2	3	4	5
52. I have been sexually abused.	1	2	3	4	5
53. I get in trouble at school.	1	2	3	4	5
54. My family talks things over.	1	2	3	4	5

Add the numbers you circled in the yellow rows above. Yellow Subtotal E

Add the numbers you circled in the green rows above. Green Subtotal E

STEP 2: Add Your Totals

If instructed to do so, add the numbers you circled in the yellow rows on page one. Write the score in the yellow box on page one. This is your "Yellow Subtotal A."

Next, add the numbers you circled in the green rows on page one. Write the score in the green box on page one. This is your "Green Subtotal A."

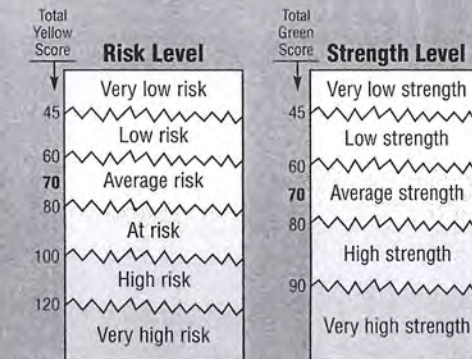
Then go to the next group of statements. Add and write your yellow and green scores in the boxes. Continue until you have yellow and green subtotals for all five groups—A, B, C, D, and E.

Now copy your subtotals to the table below. Then add each column.

	Yellow Subtotal	Green Subtotal
Group A		
Group B		
Group C		
Group D		
Group E		
Total Scores		

Your total yellow score may reflect the challenges you face. Look at the first chart below to see how your total yellow score compares with others in your age group.

Your total green score may reflect the strengths you have to face challenges. Look at the second chart below to see how your total green score compares with others in your age group.



The adult who gave you the YRRI may help you further understand your scores.

Continue →

STEP 3: My Journal

This is your space to write about any problems you have at school, at home, or in other situations. You may want to have a private talk with your counselor or other adult you trust about your personal situation.

Please return the YRRI to the adult who gave it to you.

For Professionals

About the YRRI

The YRRI is designed for use with youth to screen for risk factors and to identify resilience factors. The **risk factors** include teasing, intimidation, bullying, physical abuse, violence, victimization, and emotional stress. The **resilience factors**, sometimes called protective factors or personal assets, are the strengths that contribute to healthy coping and endurance. They include self-directedness, proactiveness, goal setting, planfulness, persistence, affirming families, and supportive relationships.

Interpretation

The YRRI has 36 risk factor items, coded in yellow. It has 18 resilience items, coded in green. The color-coded bar histograms were designed for general comparison only. Please consult the *Youth Risk and Resilience Inventory Administrator's Guide* for details on interpreting the scores, including standard deviation, standard error of measurement, critical item analysis, and item clusters for both depression and anxiety spectrum. In addition, the *Administrator's Guide* provides information on the YRRI's development, validity, reliability, norms, administration, and more. The free guide came packaged with the YRRI and is also available at www.jist.com.

Risk and Resilience Resources from JIST Publishing

JIST Publishing offers resources that help young people deal with risk and develop resilience and character. Titles include *About Me: An Interactive Workbook for Children to Explore Their Feelings*; *A Place for Starr: A Story of Hope for Children Experiencing Family Violence*; *A Safe Place to Live: A Story for Children Who Have Experienced Domestic Violence*; *Becoming the Best Me*; Character Education pamphlets (self-esteem, peer pressure, anger, violence, conflict resolution); *Kid's Guide to Who You Can Trust: Protect Yourself at Home, at School, and on the Internet*; *On Your Own as a Young Adult*; Prevention Series pamphlets (violence prevention, anger, suicide warning signs, sexual harassment, date rape, dating violence); *Safety Activity for Kids*; *Teen's Guide to Personal Safety and Preventing Sexual Abuse*.

Videos, games, counseling materials, and other products are available. Visit www.jist.com (click on the JIST Life link) or call 1-800-648-JIST for more information.

Other Resources and Web Sites

American Academy of Child & Adolescent Psychiatry, www.aacap.org

American Counseling Association, www.counseling.org

American Psychological Association, www.apa.org

Child Abuse Prevention Network, www.child-abuse.com

Child Safety Institute, www.kidsafe-caps.org

Department of Health & Human Services, www.dhhs.gov/children
National Association of Social Workers, www.socialworkers.org/practice/children/

National Child Abuse Hotline, 1-800-4-A-CHILD, in U.S., Canada, Puerto Rico, Guam, and U.S. Virgin Islands; www.childhelpusa.org

National Institute of Mental Health, www.nimh.nih.gov/publicat/violence.cfm