Resilience & Youth Development Module

Assessing resilience-related assets in the school, home, community, peer group, and individual to promote positive development and school success.

What is the California Healthy Kids Survey (CHKS)?

» A full service, comprehensive student health behavior survey for elementary and secondary school youth assessing:
  • use of alcohol, tobacco, and other drug
  • violence, safety, weapons possession, and delinquency
  • nutrition, exercise, and physical health
  • suicide
  • sexual behavior and teen pregnancy
  • resilience and assets

What is the Resilience/Youth Development Module (RYDM)?

» A comprehensive and balanced assessment of the external and internal assets that researchers have consistently associated with positive youth development, health-risk behavior protection and academic success.

» Developed by a nationally recognized panel of experts, it:
  • Is based on the latest research and theory.
  • Is developmentally appropriate.
  • Has psychometric reliability and construct validity.

» A short survey that can be administered with the CHKS Core Module within one class period to provide a comprehensive assessment of risk and protective factors.

» An integrated component of the single Elementary CHKS.

What does the RYDM measure?

» 11 Environmental assets in the School, Home, Community, and Peer environments.
  • caring relationships
  • high positive and clear expectations
  • opportunities for meaningful participation

» 6 Individual assets or resilience factors.
  • cooperation/communication & goal orientation
  • problem-solving & self-efficacy
  • self-awareness & empathy

» Youth connectedness to the school, home, community, & peer group.

Are you doing all you can to promote positive development, well-being, and academic success among all youth? Let the California Healthy Kids Survey be your guide!

Are youth developing qualities and characteristics associated with positive academic, social, and health outcomes?

How connected do they feel to their school, home, community, and peer group?

Do they have caring adults and friends they can count on?

Are they help to high positive expectations and provided with the developmental supports necessary to succeed?

Are they given opportunities to participate in activities that are meaningful, relevant, engaging and that foster a sense of responsibility and contribution?

Are you creating environments that:
  • meet fundamental youth needs?
  • promote academic achievement?
  • create safe schools?
  • increase parent involvement?
  • build community partnerships?

Find answers in the CHKS Resilience & Youth Development Module!
The survey report provides:

- The proportion of youth that measure high, moderate, and low on each asset and total assets.
- Explanations of the theory and research supporting each asset.
- Data showing the relationship of risk behaviors to assets.
- Examples of strategies and programs for promoting each external and internal asset.
- Determine the level of assets associated with positive social, academic, and health outcomes.
- Monitor success in fostering high asset levels in all youth.
- Measure school connectedness.
- Measure whether the environmental supports and opportunities necessary for positive youth development and academic success are in place.
- Raise local awareness and understanding about youth developmental needs and how to increase youth assets.
- Promote school-parent-community collaboration in meeting those needs.
- Learn strategies to address the identified needs and, foster effective youth development and resilience.

**How are the results reported?**

The survey report provides:

- The proportion of youth that measure high, moderate, and low on each asset and total assets.
- Explanations of the theory and research supporting each asset.
- Data showing the relationship of risk behaviors to assets.
- Examples of strategies and programs for promoting each external and internal asset.

**How can you use the RYDM?**

- Determine the level of assets associated with positive social, academic, and health outcomes.
- Monitor success in fostering high asset levels in all youth.
- Measure school connectedness.
- Measure whether the environmental supports and opportunities necessary for positive youth development and academic success are in place.
- Raise local awareness and understanding about youth developmental needs and how to increase youth assets.
- Promote school-parent-community collaboration in meeting those needs.
- Learn strategies to address the identified needs and, foster effective youth development and resilience.

**Workshop and Training Availability**

- From Risk to Resilience: Principles & Strategies of Youth Development
- Now What? Listen to Your Students! Using Your Resilience & Youth Development Module Data to Improve Your School

For information about the Healthy Kids Resilience & Youth Development Module: call toll-free at 888.841.7536, contact Bonnie Benard at 510.302.4208, or visit the website at [www.wested.org/hks](http://www.wested.org/hks)