

# 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?

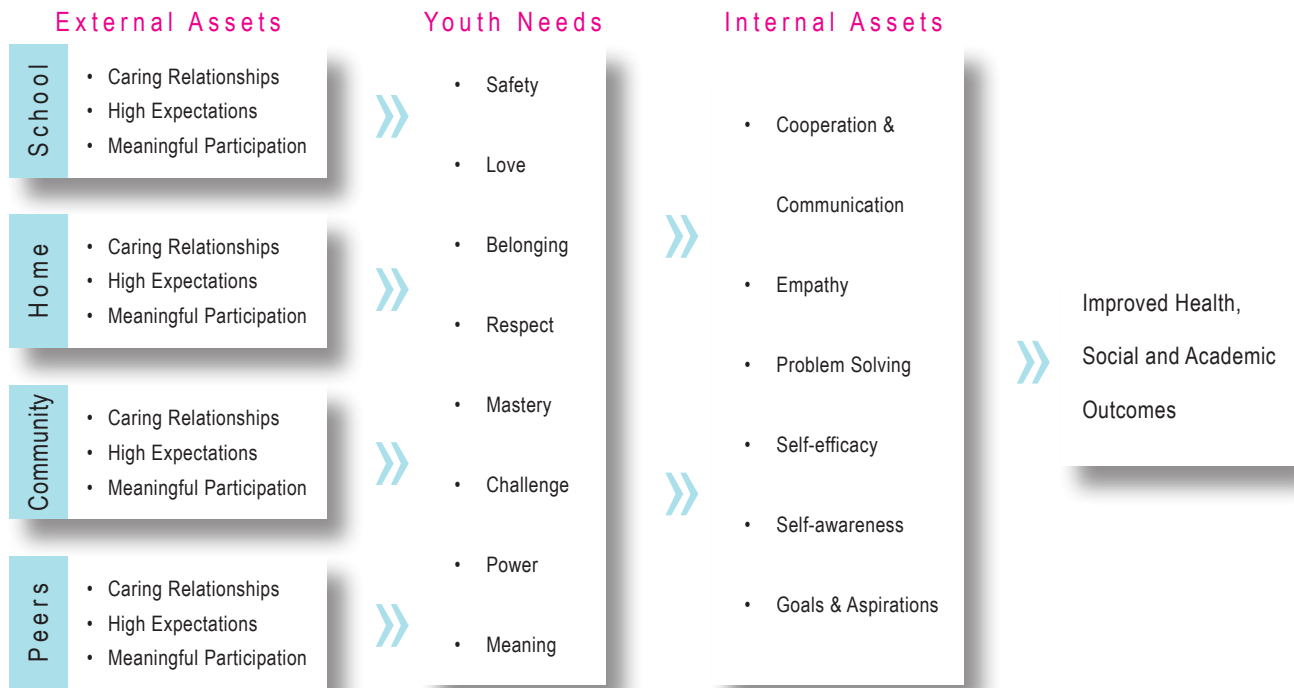
Are they given **opportunities** to participate in activities that are meaningful, relevant, engaging and that foster a sense of responsibility and contribution?

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 CHKS Resilience/Youth Development Module Theoretical Framework



The **higher** in assets on the CHKS, the **LOWER** the risk behaviors and the **HIGHER** the school **achievement!**

## 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

**SIGN UP FOR THE SURVEY!**

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)