

Reference Number	
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Youth Rating Tool (YRSS) - Questionnaire

Please read each statement, and then think about yourself in terms of the statement. If you are not sure about the meaning of any of the words, please ask for more information. Mark the box that best describes how you see yourself in general. You are not required to answer any of the questions, and you can stop at any time. If you want to change any of your answers, please mark an "X" through the old response and fill in the new one. Please note that higher scores are not better or worse – all people will have a mix of high and low scores, and we want to know your unique mix! Please try to be as "true to you" as possible. When you are not sure, just pick the response option that is closest to how you think about yourself and keep moving. Thank you!

Monitoring data (these are useful in helping to interpret findings however, if you are already collecting this and are able to link it to the questionnaire responses, you do not need to include them.)						
1	How old are you?	9 or less	10-12	13-15	16 or more	
2	How many hours do you attend provision in a typical week?	1 or less	2-3	4-5	6 or more	
		Never	Rarely	Sometimes	Often	Always
						R
Emotion Management						
3	I tend to react to things before thinking much about them.					R
4	I can usually calm myself down when feeling upset about something.					
5	I am good at resisting temptation.					
6	I bounce back quickly from bad experiences.					
Empathy						
7	I feel bad when someone gets their feelings hurt.					
8	I understand how people close to me feel.					
9	It is easy for me to feel what other people are feeling.					
10	I feel bad for those who are worse off than me.					
Teamwork						
11	I seek help from others when I need it.					
12	I respect other points of view, even if I disagree.					
13	I go out of my way to help others.					
14	I remind people to do their part.					
Responsibility						
15	People can count on me to get my part done.					

16	I do the things that I say I am going to do.						
17	I take responsibility for my actions, even if I make a mistake.						
18	I do my best when an adult asks me to do something.						
Initiative							
19	I am good at finding things to do.						
20	I give up when things get difficult.						R
21	I work as long and hard as necessary to get a job done.						
22	I am willing to risk some failures to reach my goals.						
Problem Solving							
23	I start a new task by brainstorming lots of ideas about how to do it.						
24	I make step-by-step plans to reach my goals.						
25	I make alternative plans for reaching my goals when things don't work out.						
26	I am good at managing time when I have to meet a deadline.						