Resilience Building Factors

**DURING THE FIRST 18 YEARS OF LIFE**

**(YES / NO)**

1. Did you have at least one caregiver with whom you felt safe?

2. Did you have at least one good friend?

3. Did you have beliefs that gave you comfort?

4. Did you like school?

5. Did you have at least one teacher who cared about you?

6. Did you have good neighbours?

7. Was there an adult (not a parent/caregiver or the person from #1) who could provide you with support or advice?

8. Did you have opportunities to have a good time?

9. Did you like yourself or feel comfortable with yourself?

10. Did you have a predictable home routine, like regular meals and a regular bedtime?