



**SQUABBLES®**

**RESILIENCE TEST**

**[WWW.SQUABBLES.COM](http://WWW.SQUABBLES.COM)**



# RESILIENCE TEST

STUDENT VERSION

Student's Name: \_\_\_\_\_



**SQUABBLES®**

Strongly  
Agree

Agree

Disagree

Strongly  
Disagree

1. I get easily upset when people insult me or say mean things to me.

2. If someone pushes me, and it doesn't hurt, I can easily ignore it.

3. When someone is being mean to me and my feelings are hurt, I blame them for hurting me

4. I laugh and enjoy when someone makes a joke about me.

5. I need people to help me if I am not getting along with other kids.

6. When people leave me out from a group or a party, I stay upset for a long time.

7. When someone is being mean to me, I don't know how to respond to them.

8. When someone is being mean to me, I know how to protect my feelings from getting hurt.

9. When people tell me that something is wrong with me, I get upset and want them to stop.

10. It really bothers me when kids say bad things about me behind my back.

Office Use Only: \_\_\_\_\_

Score: \_\_\_\_\_ Growth Areas: \_\_\_\_\_

# RESILIENCE TEST

PARENT VERSION

Student's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_



**SQUABBLES**<sup>®</sup>

Strongly  
Agree

Agree

Disagree

Strongly  
Disagree

1. My child gets easily upset when people insult them or say mean things to them.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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2. If someone pushes my child, and it does not hurt, my child can easily ignore it.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3. When someone is being mean to my child, and my child's feelings are hurt, my child blames the mean person for hurting them.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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4. My child laughs and enjoys when someone makes a joke about them.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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5. My child needs people to help them if they are not getting along with other kids.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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6. When people leave my child out of a group or a party, my child stays upset for a long time.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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7. When someone is being mean to my child, my child doesn't know how to respond to them.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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8. When someone is being mean to my child, my child knows how to protect their feelings from getting hurt.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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9. When people tell my child that something is wrong with them, my child gets upset and wants them to stop.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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10. It really bothers my child when kids say mean things about them behind their back.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Office Use Only: \_\_\_\_\_

Score: \_\_\_\_\_ Growth Areas: \_\_\_\_\_

# RESILIENCE TEST

TEACHER VERSION

Student's Name: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_



**SQUABBLES**®

Strongly Agree      Agree      Disagree      Strongly Disagree

1. My student gets easily upset when people insult them or say mean things to them.

2. If someone pushes my student, and it does not hurt, my student can easily ignore it.

3. When someone is being mean to my student, and my student's feelings are hurt, my student blames the mean person for hurting them.

4. My student laughs and enjoys when someone makes a joke about them.

5. My student needs people to help them if they are not getting along with other kids.

6. When people leave my student out of a group or a party, my student stays upset for a long time.

7. When someone is being mean to my student, my student doesn't know how to respond to them.

8. When someone is being mean to my student, my student knows how to protect their feelings from getting hurt.

9. When people tell my student that something is wrong with them, my student gets upset and wants them to stop.

10. It really bothers my student when kids say mean things about them behind their back.

Office Use Only: \_\_\_\_\_

Score: \_\_\_\_\_ Growth Areas: \_\_\_\_\_

# RESILIENCE TEST

## ANSWER KEY



The Resilience Test is a socio-emotional resilience scale that is designed to measure the social/ emotional competencies of a child in the following areas:

1. Verbal Aggression
2. Physical Provocation
3. External Locus of Control
4. Rude Humor
5. Helplessness
6. Social Exclusion
7. Problem Solving
8. Internal Locus of Control
9. Criticism
10. Gossip/Rumors

When the student, parent, and teacher take this test and the scores are triangulated and compared, an accurate assessment of the students most vulnerable areas is discovered. These are the areas where the most education is needed to avoid future victimization.

You will notice that the questions are asked in both the positive and negative tense in order to avoid bias answers. This makes scoring a bit more challenging, but the results are more accurate. Use the table below to score the test and discover the results.

QUESTION	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
#1	7 points	8 points	9 points	10 points
#2	10 points	9 points	8 points	7 points
#3	7 points	8 points	9 points	10 points
#4	10 points	9 points	8 points	7 points
#5	7 points	8 points	9 points	10 points
#6	7 points	8 points	9 points	10 points
#7	7 points	8 points	9 points	10 points
#8	10 points	9 points	8 points	7 points
#9	7 points	8 points	9 points	10 points
#10	7 points	8 points	9 points	10 points

The score will total between 70 and 100 points, giving you a common academic score (A/B/C). If you are using the SQUABBLES curriculum, be sure to show the student the lessons that match their lowest results.