



Without **resilience**, what do you
have?

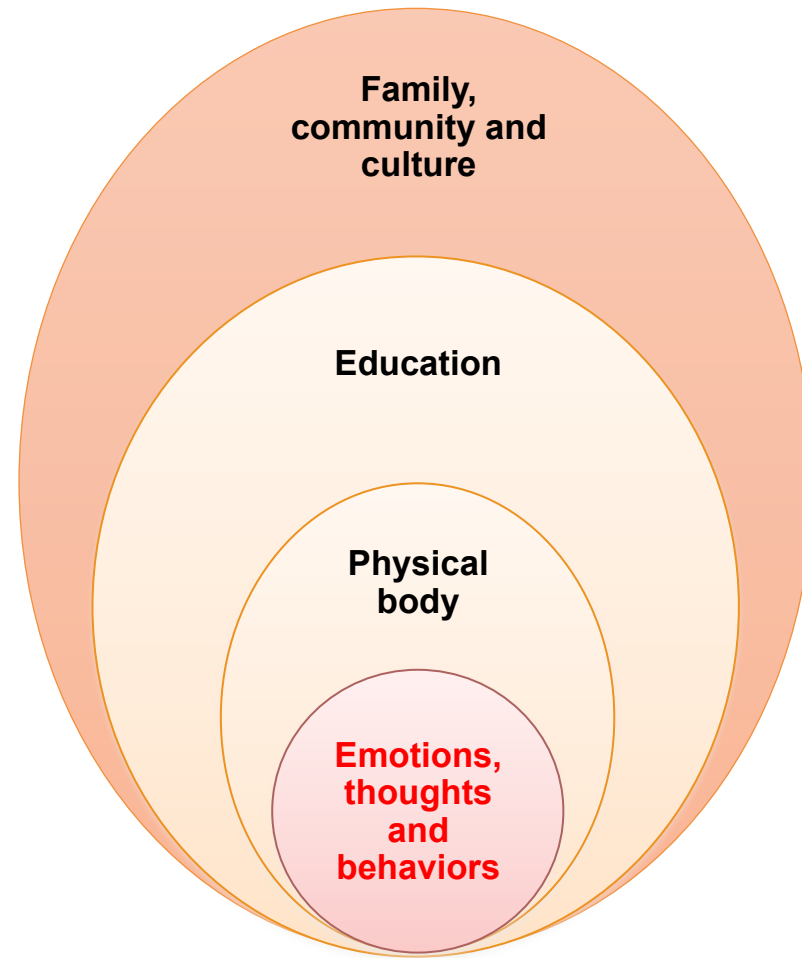






The Power **Inside.**

Resilience: Thriving not Surviving



**Family,
community and
culture**

Education

**Physical
body**

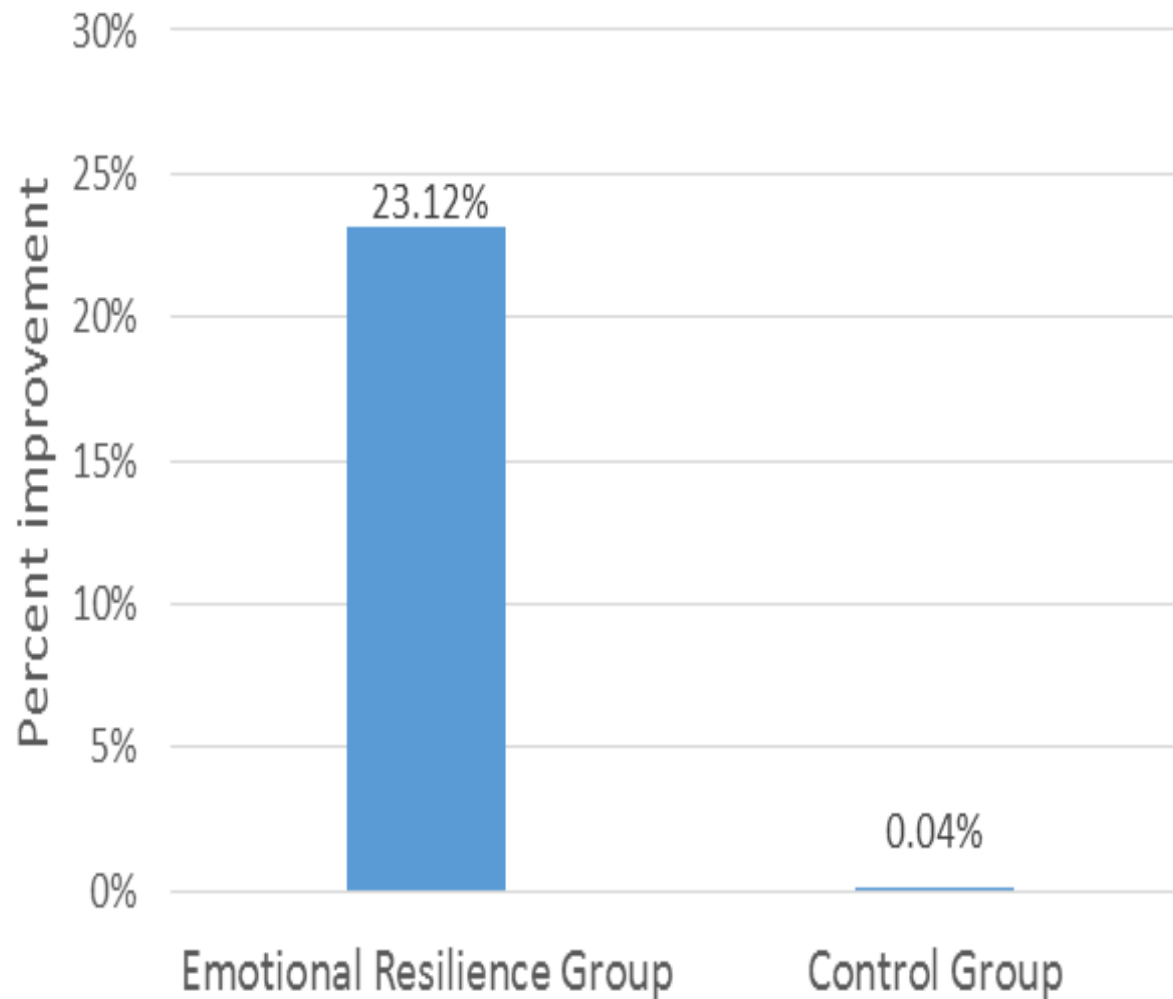
**Emotions,
thoughts
and
behaviors**



Impact area*	Measures	Assessment tools
Mental/ emotional wellbeing	<ul style="list-style-type: none"> • Resilience • Self-efficacy • Psychological wellbeing • Anxiety • Depression 	<ul style="list-style-type: none"> • Connor-Davidson Resilience Scale-10 • General Self-Efficacy Scale • KIDSCREEN Psychological Wellbeing subscale • Patient Health Questionnaire-9 • GAD-7
Physical wellbeing	<ul style="list-style-type: none"> • Physical vitality and functioning • Health knowledge • Health-related behaviors • Health/gender attitudes 	<ul style="list-style-type: none"> • Survey instrument developed in part from: • General self-report of health • Indian Adolescent Health Questionnaire • KIDSCREEN Physical Wellbeing subscale
Social wellbeing	<ul style="list-style-type: none"> • Social skills • Social relationships (peers, family, community) 	<ul style="list-style-type: none"> • Relevant Child and Youth Resilience Measure subscales • KIDSCREEN Social Wellbeing subscale
Academic wellbeing	<ul style="list-style-type: none"> • Grades • Attendance • Perceived safety at school 	<ul style="list-style-type: none"> • School records • Survey instrument • Child and Youth Resilience Measure Education Context Subscale

*Girls First - India

Resilience scores, Baseline to Endline
Connor-Davidson Resilience Scale
(CD-RISC)



Includes:

- Coping skills
- Self-confidence
- Self-concept
- Adaptability/
Flexibility
- Courage
- Benefit-finding
- Focus
- Determination

Girls First – Bihar, India

Growth and replication strategies

Wholly Owned Joint Venture Social Franchise Licensing Partnership
Dissemination

Control



Flexibility



A solid foundation.



Development **starts**
Inside.



FOR MORE INFORMATION

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