**S4 Family Strengths Tool**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Thinking about your family, please respond to each of the following questions by placing an X in the box that most closely corresponds with how you feel about your family.****Also, please help us improve this survey by letting us know which questions were easy or hard to understand.**  | **Strongly Disagree** | **Disagree** | **Neither Agree or Disagree** | **Agree** | **Strongly Agree** | **Unsure** |  | **This question was:** |
| **Hard** to understand | **Easy** to understand |
|  |  |  |  |  |  |  |  |  |  |
| We have family rituals/traditions  |  |  |  |  |  |  |  |  |  |
| We have a sense of safety and security when we are together as a family |  |  |  |  |  |  |  |  |  |
| We have strong bonds in our family |  |  |  |  |  |  |  |  |  |
| We support each other during difficult times |  |  |  |  |  |  |  |  |  |
| We spend time together (e.g., watching TV, eating dinner) |  |  |  |  |  |  |  |  |  |
| We trust and confide in each other |  |  |  |  |  |  |  |  |  |
| We feel loyal to our family |  |  |  |  |  |  |  |  |  |
| People in our family care about each other’s feelings |  |  |  |  |  |  |  |  |  |
| Our family treats each other with respect |  |  |  |  |  |  |  |  |  |
| We are proud of our ethnic background |  |  |  |  |  |  |  |  |  |
| We enjoy community traditions (religious, ethnic, neighbourhood, etc) |  |  |  |  |  |  |  |  |  |
| Our family feels like we are part of the community |  |  |  |  |  |  |  |  |  |
| We are proud of our community |  |  |  |  |  |  |  |  |  |
| We feel connected with multiple communities, either close to home, or around the world |  |  |  |  |  |  |  |  |  |
| We give each other chances to try new things |  |  |  |  |  |  |  |  |  |
| We have a hopeful attitude towards life |  |  |  |  |  |  |  |  |  |
| One or more challenges have helped us grow closer together |  |  |  |  |  |  |  |  |  |
| We are flexible when plans need to change |  |  |  |  |  |  |  |  |  |
| In our family, everyone has something they are really good at |  |  |  |  |  |  |  |  |  |
| We listen to each other |  |  |  |  |  |  |  |  |  |
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| **Hard** to understand | **Easy** to understand |
|  |  |  |  |  |  |  |  |  |  |
| We keep our promises to each other |  |  |  |  |  |  |  |  |  |
| We face problems or challenges together as a family |  |  |  |  |  |  |  |  |  |
| We resolve our own conflicts in our family |  |  |  |  |  |  |  |  |  |
| We know where to go in our community to get help |  |  |  |  |  |  |  |  |  |
| We seek information and advice from people outside our family (e.g., doctor, counsellor, someone who has faced a similar problem) |  |  |  |  |  |  |  |  |  |
| When we face problems or difficulties in our family, we respond by attending religious services, cultural events, community activities etc. |  |  |  |  |  |  |  |  |  |
| We respond to needs in our community |  |  |  |  |  |  |  |  |  |
| Our family is involved in helping make decisions in our community |  |  |  |  |  |  |  |  |  |
| We accept help from others when we face problems or challenges |  |  |  |  |  |  |  |  |  |
| We forgive each other |  |  |  |  |  |  |  |  |  |
| We are honest with each other |  |  |  |  |  |  |  |  |  |
| Spiritual values and beliefs play an important role in our family |  |  |  |  |  |  |  |  |  |
| We accept the things we cannot change |  |  |  |  |  |  |  |  |  |
| We respect each other's spiritual values and beliefs |  |  |  |  |  |  |  |  |  |
| We have a common understanding of what's important in life |  |  |  |  |  |  |  |  |  |
| We can express our feelings and opinions to each other in positive ways |  |  |  |  |  |  |  |  |  |
| People in our family are aware of each other’s feelings (i.e. sad, happy, frustrated, worried, confused) |  |  |  |  |  |  |  |  |  |
| Other people like to be around our family |  |  |  |  |  |  |  |  |  |
| Our family knows each other’s close friends |  |  |  |  |  |  |  |  |  |
| We try to say things that will not hurt the feelings of others outside our family |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |
| We know when we need to ask for help for our family |  |  |  |  |  |  |  |  |  |
| In most situations, our family tries to do what we think is right |  |  |  |  |  |  |  |  |  |
| We feel safe in our community |  |  |  |  |  |  |  |  |  |
| In our family we help each other  |  |  |  |  |  |  |  |  |  |
| We share responsibilities in our family |  |  |  |  |  |  |  |  |  |
| Everyone contributes to our family in some way |  |  |  |  |  |  |  |  |  |
| Everyone helps when one member of our family needs extra support |  |  |  |  |  |  |  |  |  |
| Our family teaches us how to help others |  |  |  |  |  |  |  |  |  |
| In our family, we believe it is important to help others |  |  |  |  |  |  |  |  |  |
| People in our family help those in need when we can |  |  |  |  |  |  |  |  |  |
| Our family has made a difference in the community |  |  |  |  |  |  |  |  |  |
| Our family contributes to others outside of our community |  |  |  |  |  |  |  |  |  |
| We work together to keep our community safe |  |  |  |  |  |  |  |  |  |

*Once you have completed the questionnaire, return to the reflection questions*