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# Feeling Safe

### Young Person's Radar - Feeling Safe

- O What makes you feel safe?
- O Who they feel safe/uncomfortable/scared with?
- O If in trouble who would you go to?
- O Risk taking behaviours: substance misuse/sexually active, risk of pregnancy/ STI's/CSE?
- O Domestic abuse?
- O Do you ever feel harassed?
- O Avoiding violent situations?
- O Getting home okay?

## **Being Well** (Body and Mind)

### Young Person's Radar -Being Well (Body and Mind)

- O What makes you feel good?
- O Who looks after you?
- O How you keep yourself healthy?
- O Diet/eating issues?
- O Sleep?
- O Doctors and dentist?
- O Under health services?
- **O** Exercise?
- O Keeping yourself clean?
- **O** Physically well?
- O Emotional health: low mood, anxiety, angry, stressed/self-harm & suicide?
- **O** Health conditions?
- O Attendance at health appointments?
- O Growing up, moods, puberty?

# **Home and Money**

### Young Person's Radar -Home and Money

- O Do you like where you live?
- O How many homes do you have?
- O Do you feel part of a family?
- O Do you feel you need to look after anyone?
- O Is there enough space/privacy for you?
- O Are friends welcomed?
- O Do you get pocket money?
- O Where do you get money from?
- O How do you get the things you need?

# Friends, Relationship and Support

### Young Person's Radar -Friends, Relationship and Support

- O What do you like to do?
- O What is your relationship like with parents/siblings?
- O How you make and keep friend(s)?
- O Are you happy with your friend and are they there for you?
- O Separated parents how does this affect you?
- O Do you feel supported?
- O Do you feel in control?
- O Have healthy/positive girls/boyfriend relationships?
- O Who gives you attention/love?
- O Who do you rely on when you need help?
- O Does anyone put you down/treat you unfairly?
- O Do you feel your being bullying/teased?
- O Do you feel comfortable with others?

## Work, Education and Learning

### Young Person's Radar -Work, Education and Learning

O Experience at school: likes/dislikes?

**O** Achievements?

O Attendance: health/truancy/lateness?

O Exclusions?

- Who can you go to at school?
- O In employment/training or looking for work?
- O If you are not in education/work, how do you spend your days?

### Goals and Ambitions

#### Young Person's Radar -Goals and Ambitions

O What do you want to do when you grow up?

- O How are you going to achieve it?
- O Does anything in your life need to change?
- O Where would you like to be in 12 weeks?
- O What support do you feel you need to help you achieve your goals?

### Feelings, Behaviours, and Choices

### Young Person's Radar -Feelings Behaviours, and Choices

- O How do you feel most of the time?
- O How do you deal with difficult/strong feelings eg: happy, sad, angry, anxious etc?
- O Can you describe your behaviour?
- O Do you ever feel in control?
- O What happens if you lose control?
- O Do you feel you have choices?
- O What choices do you make?

### **My Voice Being Heard** and Making a Difference

#### Young Person's Radar -My voice being heard and Making a difference

- O What's your biggest achievement?
- O Do you feel listened to?
- O Do you tell others what you think and how you feel?
- O Do you think how you feel counts?
- O Are you involved in the decisions that affect your life?
- O Do you volunteer or support others?
- O How do you make a difference in your community/school/family?

# Life Skills and Preparing for Independence

### Young Person's Radar -Life Skills and Preparing for Independence

O What do you do for yourself?

O Are you happy with the responsibilities you have?

• Transport/driving?

O Who does what jobs around the house (working together...)?

O Independence?

O Cooking?

O Budgeting?

- O Do you know where to get help and support?
- Taking responsibility?
- O Do you rely on your parents?

### My Online World

### Young Person's Radar - My Online World

- O How does the Online World influence me?
- O Social media accounts?
- 'Friendships'?
- O Cyberbullying?
- Forums/groups/chatrooms?
- O Dark web?
- O Exposure to inappropriate media?
- Risk of exploitation?
- Posts?
- Who do you talk to?
- Age appropriate console games?
- How it influences me?
- Media/peer pressure?