

Young Person's Radar

Name _____

Parent/
Carer
Signature _____

Date _____



Attempt

- ☐ First
- ☐ Review
- ☐ Retrospective

Completed by

- ☐ Professional and Young Person
- ☐ Professional
- ☐ Young Person

Young Person 12 - 19+

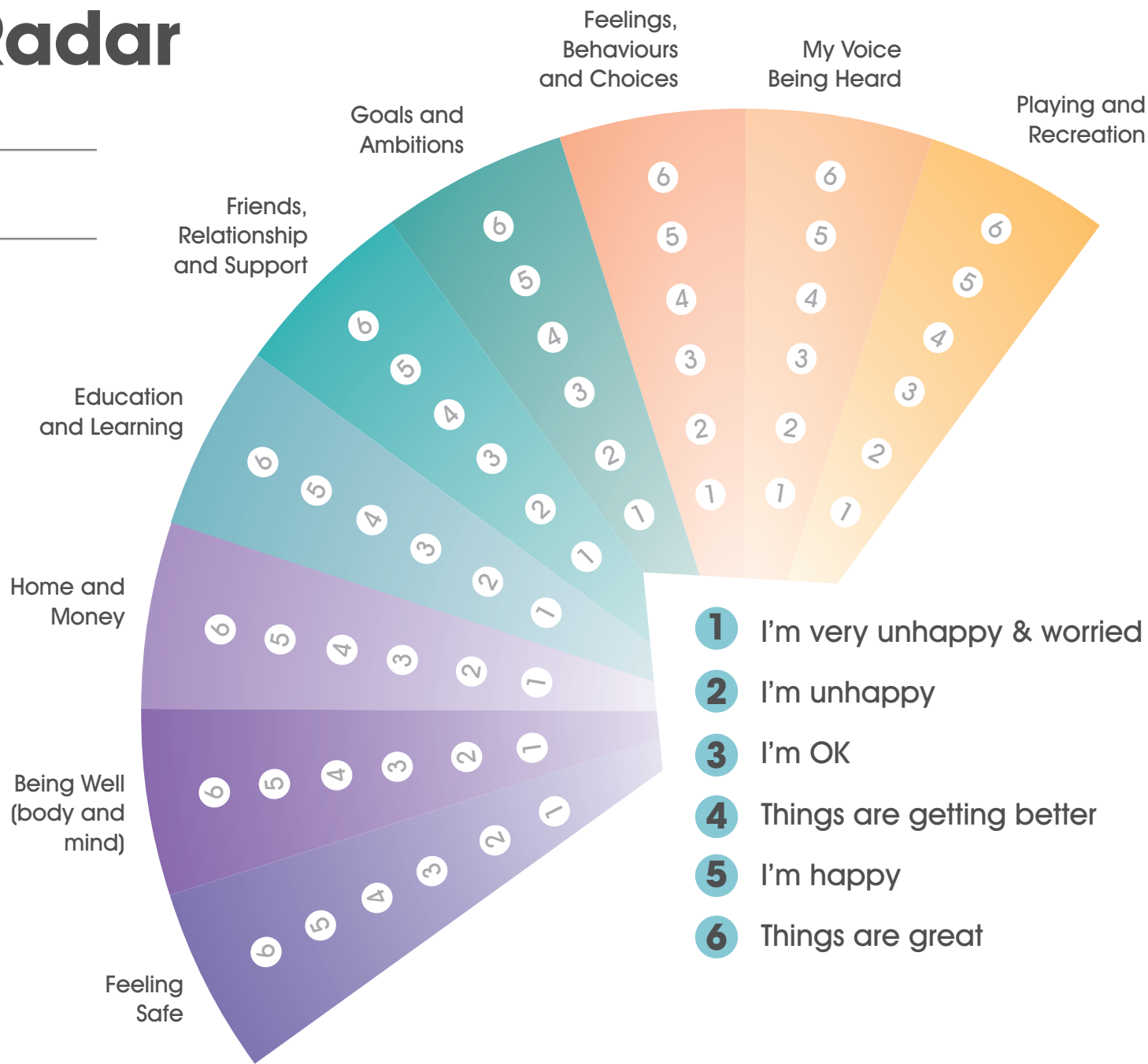
Feeling Safe	Being Well (Body and Mind)	Home and Money	Friends Relationships and Support	Work, Education and Learning
Actions	Actions	Actions	Actions	Actions
Goals and Ambitions	Feelings Behaviours and Choices	My Voice Being Heard and Making a Difference	Life Skills and Preparing for Independence	My Online World
Actions	Actions	Actions	Actions	Actions

Child's Radar

Name _____

Parent/
Carer
Signature _____

Date _____



Attempt
☐ First
☐ Review
☐ Retrospective

Completed by
☐ Professional and Child
☐ Professional
☐ Child

Under 12's Radar

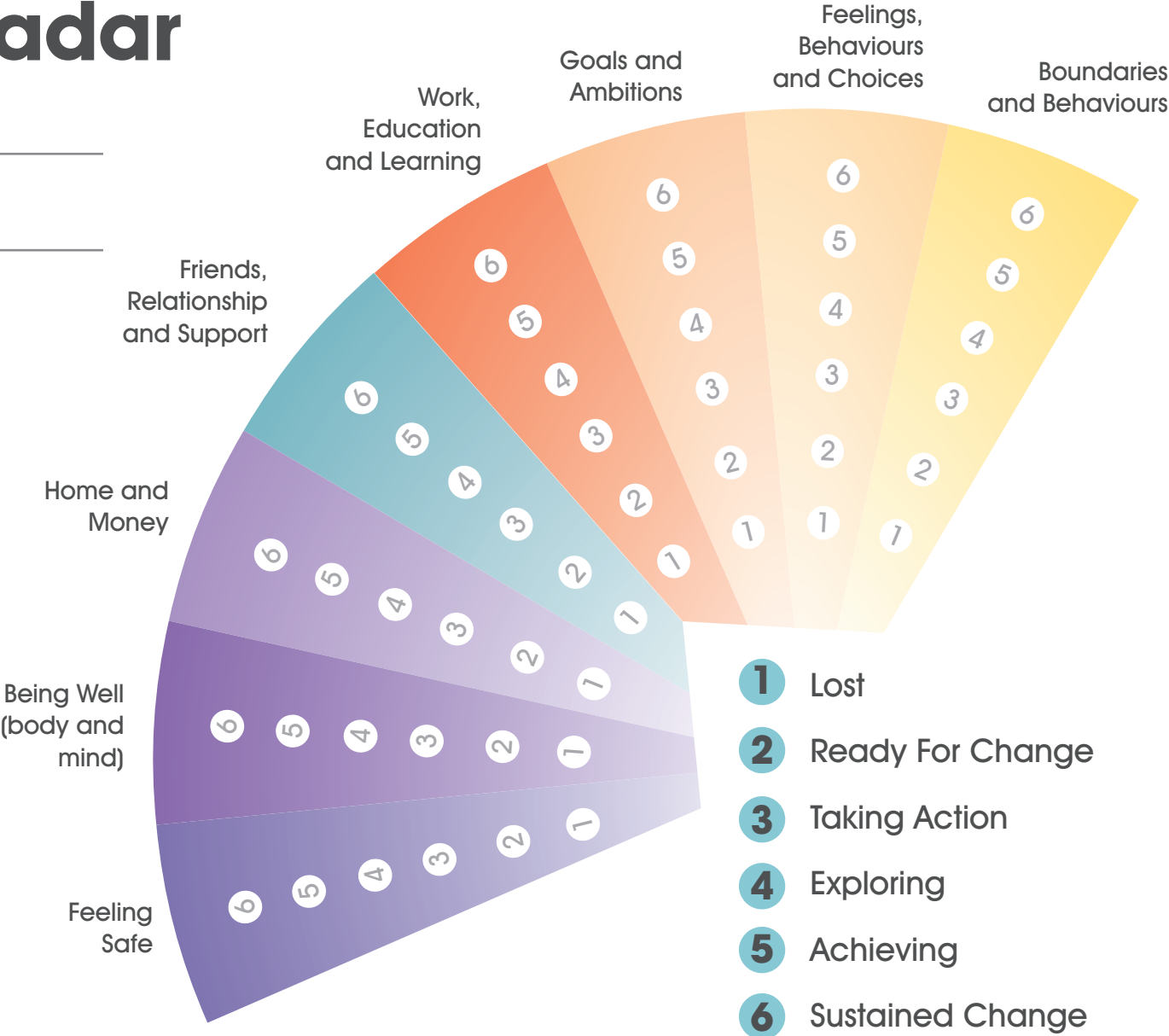
Feeling Safe	Being Well (Body and Mind)	Home and Money
Actions	Actions	Actions
Education and Learning	Friends Relationships and Support	Goals and Ambitions
Actions	Actions	Actions
Feelings, Behaviours and Choices	My Voice Being Heard	Playing and Recreation
Actions	Actions	Actions

Family Radar

Name _____

Parent/
Carer
Signature _____

Date _____



Attempt
☐ First
☐ Review
☐ Retrospective

Completed By
☐ Professional and Parent
☐ Professional
☐ Parent

Family Radar

Feeling Safe	Being Well (Body and Mind)	Home and Money	Friends Relationships and Support
Actions	Actions	Actions	Actions
Work Education and Learning	Goals and Ambitions	Feelings Behaviours and Choices	Boundaries and Behaviours
Actions	Actions	Actions	Actions

Young Person aged 12+ Radar Chart – Journey of Achievement



Steps to effective change



I'm worried (1)

I worry about myself, my family or things at school or things going on outside of school, I haven't shared the worry with anyone. I don't know who can help me and I sometimes feel scared about asking. I might be struggling to sleep at night or it is affecting my eating. It sometimes feels like everybody is against me and don't understand what it is like, or I feel that people may say it is my fault. I don't feel that I am coping very well at the moment, but feel it is difficult to trust anyone. I feel worried and unsure how I can get out of this situation. I don't feel like I can talk to anyone or don't want to. I may find it difficult to manage my emotions, I may feel really angry, sad or scared but don't know why or what to do about it.



I've got help (2)

I am starting to talk about my worries, but still find it hard. I understand that I need help and want to change but don't really believe I can make this happen, or that anyone else can make a real difference, although I am willing to give it a go. I am starting to accept help a bit more often from my keyworker or someone else who is important to me. I have found help.



I'm OK, things are changing (3)

I have accepted help and am starting to feel a bit better. Things are changing but it is hard at first, I am beginning to notice a positive difference with my family and teachers.



It's getting better (4)

I now feel that things are getting better. I can see the light at the end of the tunnel, but am not quite there yet. I feel a bit more content within myself and I feel that I can keep doing the things to make me feel better. Things are more consistent



I'm Happy (5)

I feel happier in myself. I have learnt how to handle things differently and don't feel worried anymore. I may feel that I need occasional help just to help me keep things on the right path. I feel more confident to cope with my worries. I have achieved a lot.



Staying happy (6)

I feel happy most of the time, if things happen that would have made me feel bad I know how to cope and who I need to ask for help. I feel that the changes can be sustained and I am resilient, I am confident that I will stay happy most of the time.

Child under 12 Radar Chart

– Journey of Achievement

Steps to effective change



I'm worried (1)

I worry about myself, my family or things at school or things going on outside of school, I haven't shared the worry with anyone. I don't know who can help me and I sometimes feel scared about asking. I might be struggling to sleep at night or it is affecting my eating. It sometimes feels like everybody is against me or I feel that people may say it is my fault. I don't feel that I am coping very well at the moment, but feel it is difficult to trust anyone. I feel worried and sick and unsure how to get out of this situation. I don't feel like I can talk to anyone or don't want to.



I've got help (2)

I am starting to talk about my worries, but still find it hard. I understand that I need help and want to change but don't really believe I can make this happen. I am starting to accept help a bit more often from my keyworker or someone else who is important to me. I have found help.



I'm OK, things are changing (3)

I have accepted help and am starting to feel a bit better. Things are changing but it is hard at first, I am beginning to notice a positive difference with my family.



It's getting better (4)

I now feel that things are getting better. I feel a bit more content within myself and I feel that I can keep doing the things to make me feel better.



I'm happy (5)

I feel happier in myself. I have learnt how to handle things differently and don't feel worried anymore. I may feel that I need occasional help and can reflect back on my Journey of Achievement and feel pleased. I feel more confident to cope with my worries.



Staying happy (6)

I feel happy most of the time, if things happen that would have made me feel bad I know how to cope and who I need to ask for help. I feel that the changes can be sustained and I am resilient, I am confident that I will stay happy

Family Radar Chart

– Journey of Achievement

Steps to effective change

Lost (1)

People are worried about you and your children. They may notice things that you don't recognise yourself, or don't agree with, such as your family's health, your children's behaviour or development. You may be worried or stressed yourself, but don't know how to help your own situation. Maybe you think everybody is against you or you feel that people may judge your situation without knowing the full facts. You don't feel that you are coping very well at the moment, but feel it is difficult to trust anyone. You feel **lost** and are unsure how to get out of your situation.

Ready for Change (2)

You are starting to recognise the issues and impact that things like poor behaviour, lack of school attendance or depression/moods are having on both you and your children. However, you sometimes want to engage with some help, but find it hard. You are in a better place than before, you are starting to see things differently and know that other ways of doing things might be effective. You now realise that you are **ready to change** for the children's sake but do not always commit a lot of energy to this. You are starting to accept help a bit more often, but this is coming from other people at the moment and not yourself.

Taking action (3)

You begin to understand that it is you that makes the difference in your family's life and it is you that needs to change. You start to **take action** to change things with the help of your keyworker, but sometimes things don't work out the way you want them to. Sometimes things become harder at first, before you start to notice a positive difference with your family. But if you persist and

are consistent in what you are trying to do, it starts to pay off. At times you may stop and return to your old ways or just give up, or you may be inconsistent in your way of doing things differently. You start to notice small but positive changes in your family life.

Exploring (4)

You now are starting to understand what works and what doesn't work with your children having **explored** lots of options. Your children and you feel more in control of the family situation and at times things are going really well. There are still times when you feel unsure and you are not confident that you are doing the right thing. It may be difficult to cope occasionally and you still need the support and re-assurance of your keyworker.

Achieving (5)

You have learnt how to handle things differently and don't feel lost anymore. You may feel that you need occasional help and can reflect back on your Journey of Achievement. You feel happier in yourself and are more confident to cope with minor crises. You feel that you are **achieving** more positive family results. You are parenting "good enough" without help from a service. You feel confident to take control for yourself.

Sustained Change (6)

You can look back and reflect on how much you have achieved, family life is settled and your children are doing well, you believe that you have the resilience to deal with problems and issues as they arise and you have the support networks in place to help you with this. All the changes you have made can be **sustained** and you are able to continue to improve things for you and your children.