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| **My triggers** Write down all the things that make me feel Upset, Stressed, Worried, Scared, Frustrated. |

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| These are the changes in me when I am Upset, Stressed, Worried, Scared, Frustrated. |

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| Things I can do to help myself feel better. |

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| What other people can do to help me feel better. |



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| Places I feel comfortable and safe. |

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| What my foster carers and adults around me do to help me feel comfortable and safer. |

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| What can I do to keep myself safe in the home, in the community and on technology? |



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| **Young Person:**  |  | **Signature:** |  | **Date:** |  |
| **Foster Carer name:** |  | **Signature:** |  | **Date:** |  |
| **Foster Carer name:** |  | **Signature:** |  | **Date:** |  |
| **Supervising Social Worker name:** |  | **Signature:** |  | **Date:** |  |