|  |
| --- |
|  |

|  |
| --- |
|  |

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

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

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

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

A screenshot of a social media application

Description automatically generated

|  |
| --- |
| Places I feel comfortable and safe. |

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

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

A screenshot of a white sheet

Description automatically generated

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