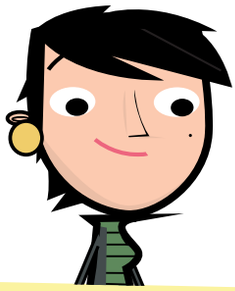
How it looks to me

Cafcass
Children and Family Court Advisory and Support Service

To keep you and others safe, we **may** have to tell other adults what you say. What you think is important and we hope that you will be able to share with us the important things that have happened in your life.

About me

Where I live and who lives with me



Who does NOT live with me but means a lot to me

Helping my family

Is there anyone who helps you or your family? Maybe they take you to school or look after you at home?

You can circle the ones that are right for you or add your own in the space.

Grandparents

Aunt

Friends

Uncle

How do these people help?

Is there any other help we need to find for you?

My life

What I like about me

What I like about my life at the moment

What upsets me about my life at the moment

Things that make me...

You can write or draw in the spaces below to tell us more.

Feel good

Happy

Angry

Sad

Feel bad

Worried

My strengths

You could also mention friends who have helped you or hobbies and activities that you enjoy.

What are your strengths?

How have your strengths helped you in your life?

We all need a bit of magic in our lives.
If you had three wishes, what would they be?

1 _____

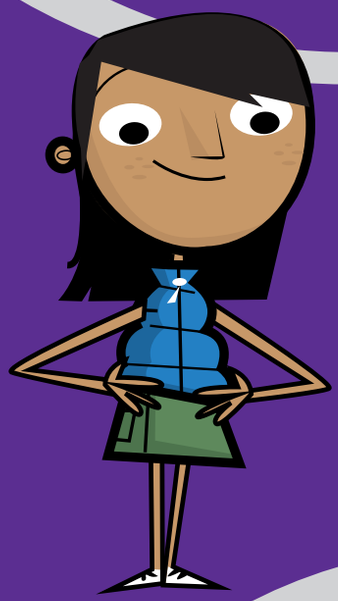
2 _____

3 _____

My journey

Life is like a journey. What are the important things that have happened to you on your journey?

Are there things that have made you scared, worried or unhappy?



My worries

Do you have any worries about what's happening now or about what will happen in the future?

Where you live?

Home situation?

Outside your home, your school, or neighbourhood?

Contact with family and friends ... (say who)?

Anything else?

Pets – what might happen to them?

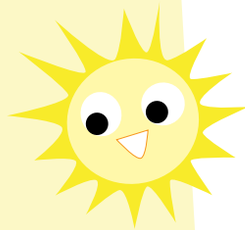
Is there anyone you can talk to about how you feel?

YES NO

If YES, who?

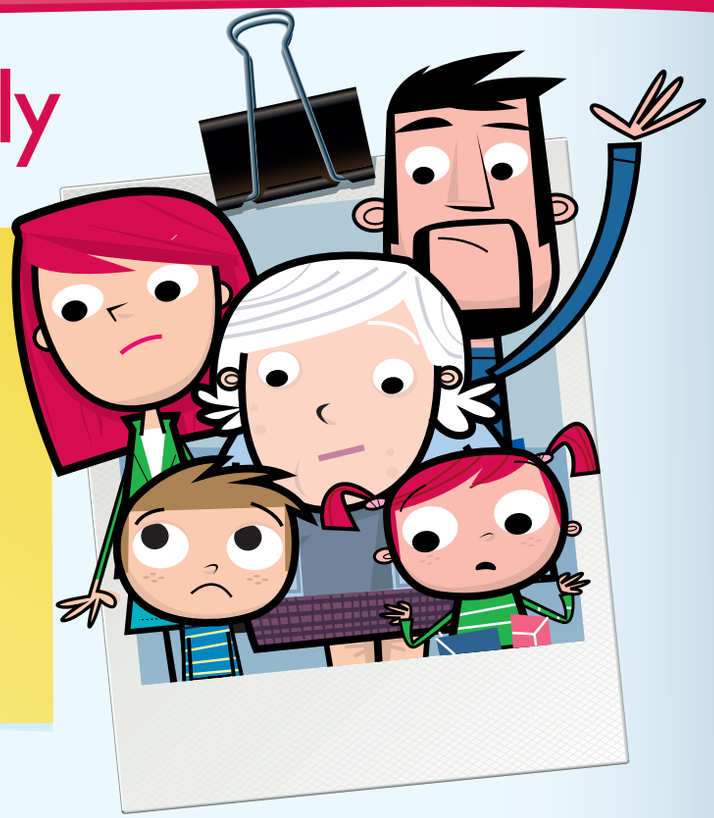
Feeling safe

What makes you feel safe?



When don't you feel safe?

About my family



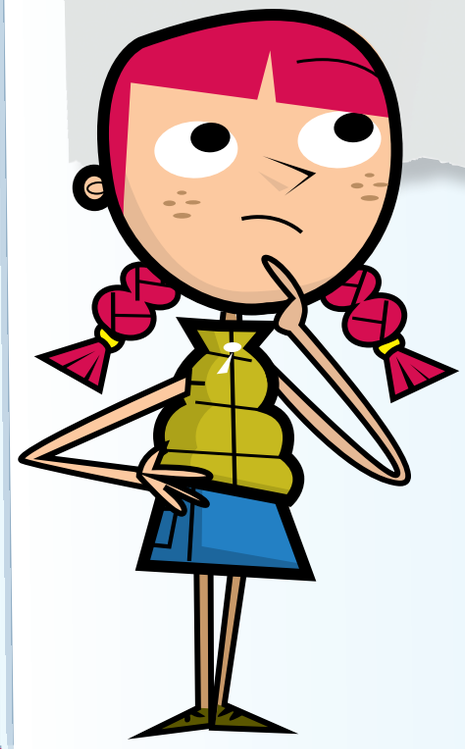
What happens when your family feels sad, worried or angry?

Can your family sort it out?

YES NO Don't know

If YES, how?

If NO, how does that make you feel when your family can't sort it out?



Does that make you worry about what will happen?

YES NO Sometimes Don't know

Do you worry about this when you are not at home, for example when you are at school?

YES NO Sometimes Don't know

My hopes for the future

Sometimes we don't know what is going to happen in the future, but we can help you think about it.

School?

Friends?

Family?

Sorting things out

Is there a big decision you'd like the Family Court to make for you?

Do your parents know about your worries?

Would you like the Cafcass worker to help you tell your parents what you want?

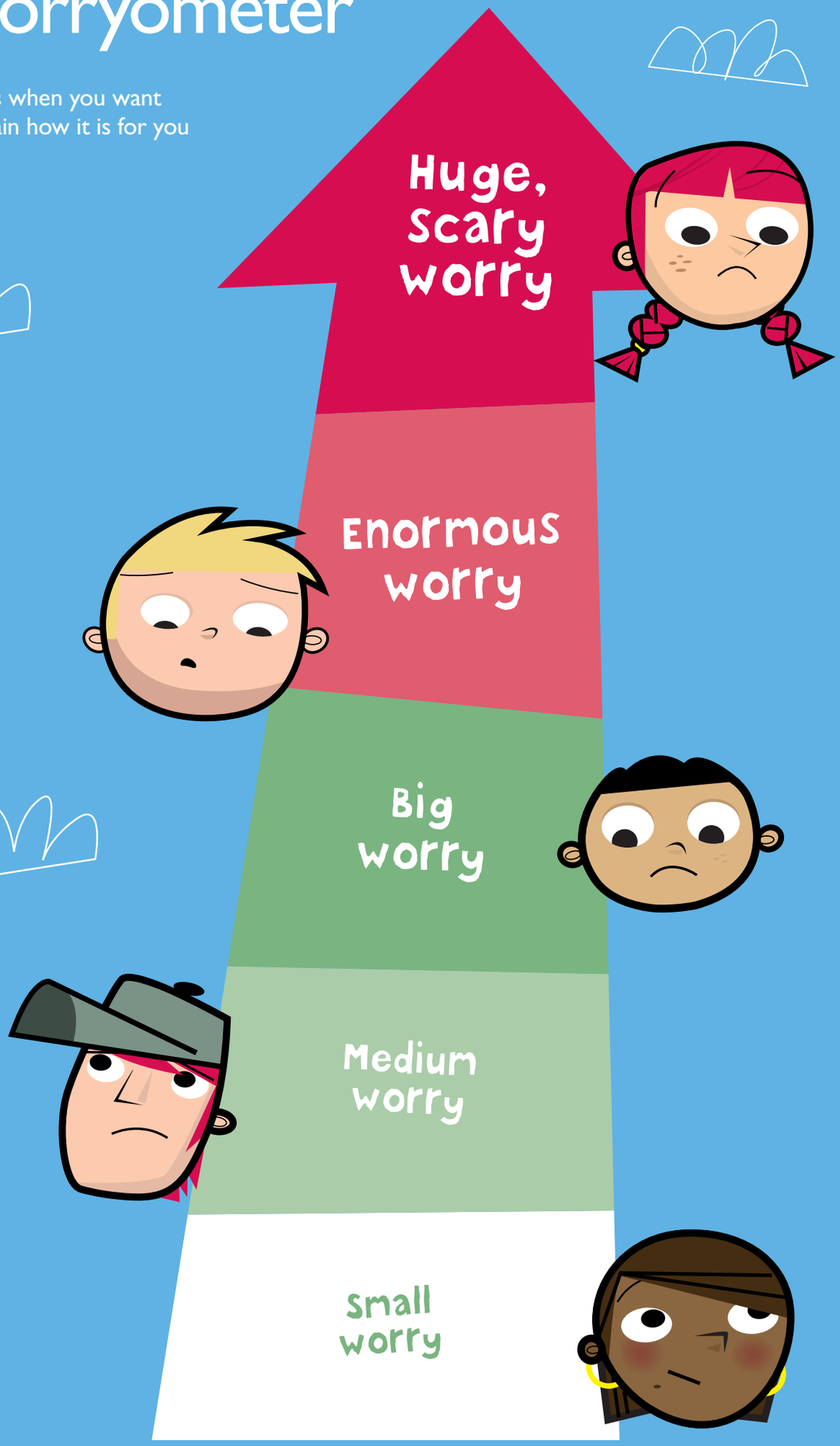
Is there anything else you want to tell us?

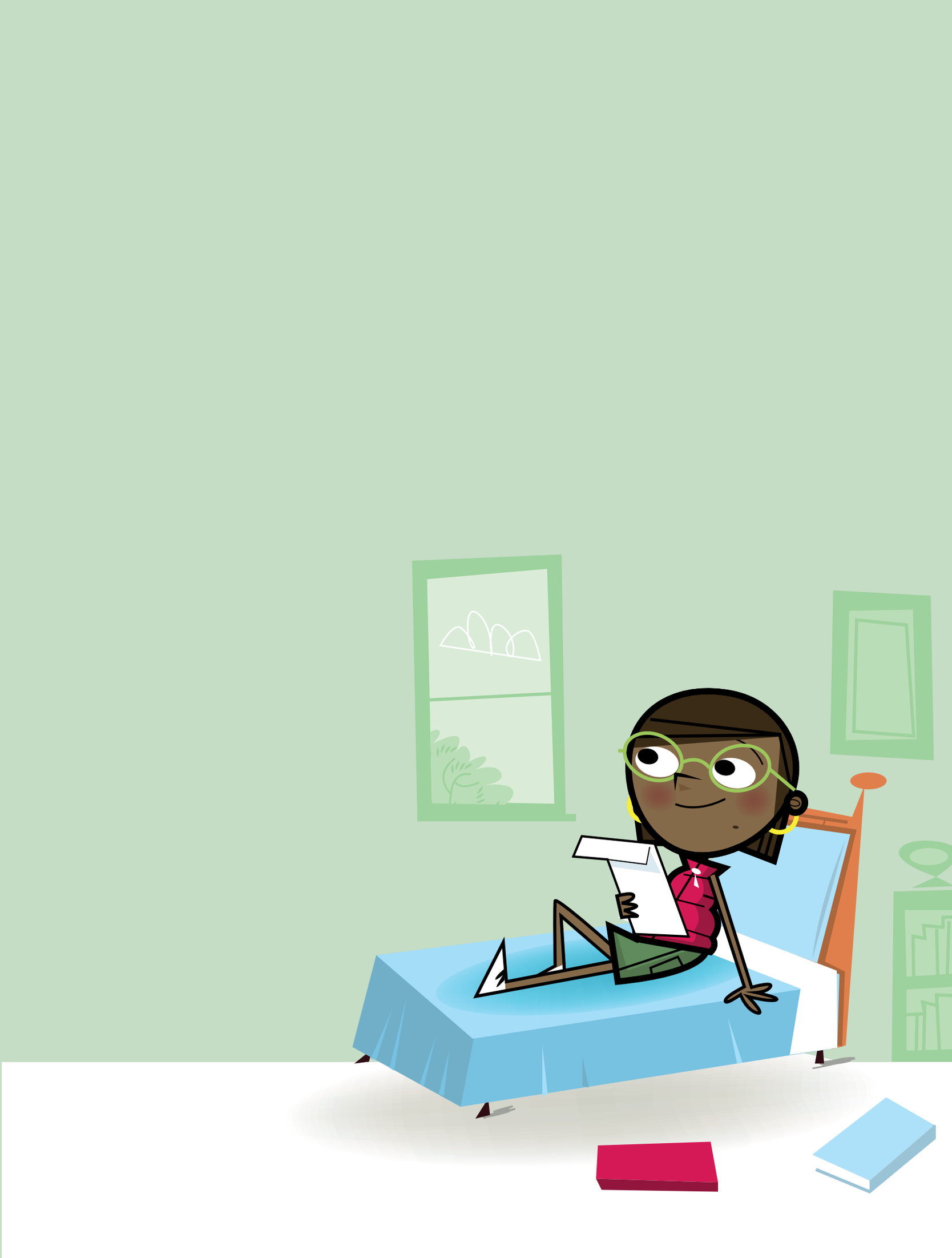
My space

You can use this space to write or draw about your feelings or anything that is important to you.

Worryometer

Use this when you want
to explain how it is for you





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