

TIPS ON CREATING AND USING SCALING QUESTIONS

Scaling questions help us to make a judgement about how serious the danger / worry is in relation to safety / wellbeing and helps us plan our next steps. Scaling questions can also help us to track progress so that we understand whether things are getting better or not over time.

Create a matched Scaling Question for each Danger / Worry Statement and Safety / Wellbeing / Success Goal – numbers and titles should correlate.

Start each Scaling Question with:

On a scale of 0 – 10, where 10 is... (link this to the safety / wellbeing goal / success goal) and 0 is... (link this to the danger / worry statement), where would you rate the situation today?

Ask scaling questions as part of your assessment and plan to gauge where different people rate the situation (e.g. the parent / carer, the child / young person, members of the network, professionals) and what they think needs to happen to move up the scale. Looking at this across multiple perspectives adds richness to the conversation and creates an evidence base for decision making.

Always use the same scaling question(s) from one meeting to the next so that you are tracking the same thing each time.

Scaling questions can be transformative, but they also need to be used with care so that children / young people and their network don't become disillusioned if the number is low.

Scaling is less about the number itself and more about what the reasons are behind the number, for example, what is working well enough to make it that number (so even if the rating is low, we can ask 'what is it that makes you a 2 rather than a 1?')

We can then use the scaling question to think about what still needs to happen to get us towards where we want to be. What would need to happen for them to be able to move up just a point on the scale? This links back to the small steps and actions that are needed to keep moving towards the overall goal.

Example scaling questions (Generic):

Safeguarding

On a scale of 0-10, where 10 is that the child/young person is safe with the network's plan in place and it is working, and 0 is that the child/young person is not safe at all, they are at risk of harm and the network's plan is not working, where would you scale this?

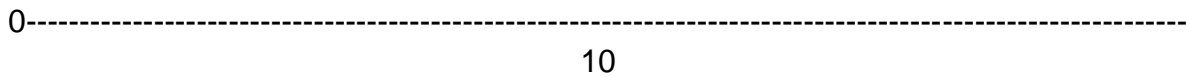
0-----
10

- What is working well enough that makes you give this score?

- What would need to happen for you to be able to move up even just a point on the scale?

Children Looked After

On a scale of 0-10, where 10 is that the child / young person is doing well / staying safe and they have the relationships and connections around them that will support them into adulthood and 0 is that things aren't going well for the child / young person at all, they aren't achieving their hopes and dreams / they are at risk of harm and we worry that when they eventually leave our care they won't have the kind of relationships they need to thrive as young adults, where would you rate this?



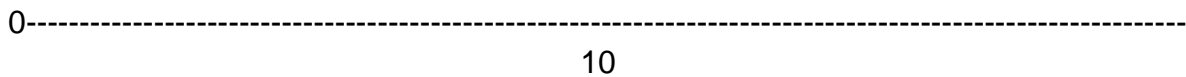
- What is working well enough that makes you give this score?
- What would need to happen for you to be able to move up even just a point on the scale?

Example Scaling Questions (specific)

Safeguarding

Family Relationships

On a scale of 0-10, where 10 is that Dean, Tracey and their support network really get why Sarah behaves the way she does and they are doing everything they can to help her to feel loved and secure and 0 is as soon as Sarah starts to act up, Dean, Tracey and the network say they aren't coping and tell Sarah she has to leave, where would you rate it?



- What is working well enough that makes you give this score?
- What would need to happen for you to be able to move up even just a point on the scale?

Children Looked After

Young person's drug use

On a scale of 0 – 10 where 10 means that Lee and the people he trusts in his life have a plan that works and shows everyone around him that even when he uses drugs he is safe; he isn't returning home in a state that makes the staff scared for his life and he is back to the Lee everyone knew and loved earlier this year.

And 0 means that everyone is really worried about Lee and the number and kind of drugs he is taking, he continues to mix his drugs and Vicky and the staff are worried

that it is only a matter of time before something serious happens to Lee, where would you rate it?

- What is working well enough that makes you give this score?
- What would need to happen for you to be able to move up even just a point on the scale?