

How safe do I feel?

Name.....

Age.....

Section One: Who are my friends?

Who are the most important people to me?

At school

At home

In the community



Why?

Circle the statements that are most like my friendships:

I carry a weapon to feel safe

I mostly have friends I only know online

I sometimes go to places I don't want to

My friends use drugs or alcohol

My family/carers like my friends

My friends offend or commit ASB

My friends are mostly older than me

My friends mostly go to school

I can say no to my friends

I sometimes feel scared when I am out with my friends

I go to parties where there are people I don't know

I have friends who carry weapons.

My friends are mostly younger

My friends stop me doing silly things

My friends have asked me to do things I didn't want to

Is there anything else you want to say about your friends and the things you do together:

Section Two: How am I feeling?

Circle the words / pictures that I feel are most like me:



Happy



Sad



Worried



Confused



Lonely



Excited



Safe



Angry



Scared



Brave



Guilty



Relieved



Loyal



Hopeful



Proud



Confident

What is working well?

(Things I do that are good for me: going to school, my hobbies)

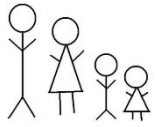
What are we worried about?

(Things I do that are not so good for me: drinking alcohol or taking drugs, carrying knives, too much time online, harming myself, going missing or staying out late)

What needs to happen?

(Things I can do to make things better: talking to my family, getting help from professionals, working on my behaviour at school or in the community)

How do I feel when:



I am with my family:

(1 is very unhappy, 10 is very happy)

0 1 2 3 4 5 6 7 8 9 10



I am with my friends:

(1 is very unhappy, 10 is very happy)

0 1 2 3 4 5 6 7 8 9 10



I am at home:

(1 is very unhappy, 10 is very happy)

0 1 2 3 4 5 6 7 8 9 10



I am at school/college/work:

(1 is very unhappy, 10 is very happy)

0 1 2 3 4 5 6 7 8 9 10



I am on my own:

(1 is very unhappy, 10 is very happy)

0 1 2 3 4 5 6 7 8 9 10



I am online:

(1 is very unhappy, 10 is very happy)

0 1 2 3 4 5 6 7 8 9 10



I am out in the community:

(1 is very unhappy, 10 is very happy)

0 1 2 3 4 5 6 7 8 9 10

Complete this sentence:

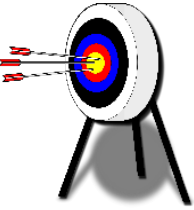
I am safest when

If I felt unsafe at home or when I was out, I would

Section Three: My future



List 3 goals for my future, what do I want to achieve?



1.) _____



2.) _____



3.) _____

People who can help me achieve my goals:

Signature:

Date: