

How it looks to me



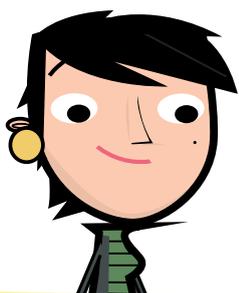
To keep you and others safe, we **may** have to tell other adults what you say. What you think is important and we hope that you will be able to share with us the important things that have happened in your life.

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.



How do these people help?

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



My life

What I like about me

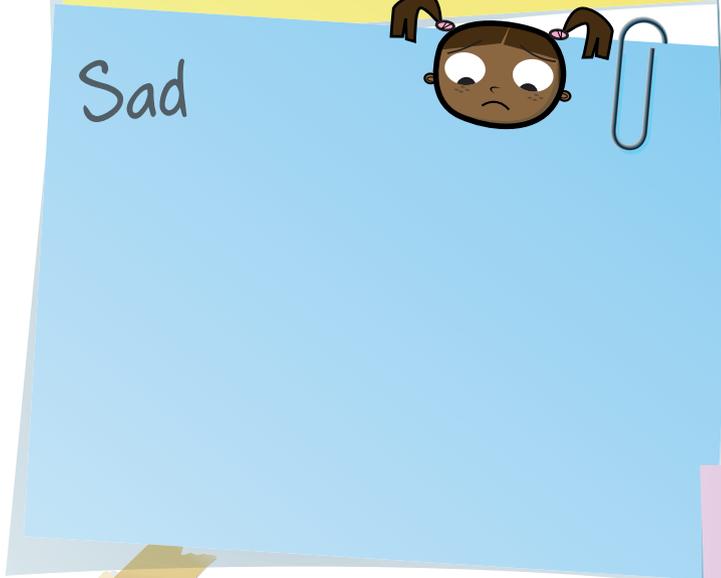
What I like about my life at the moment

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.



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

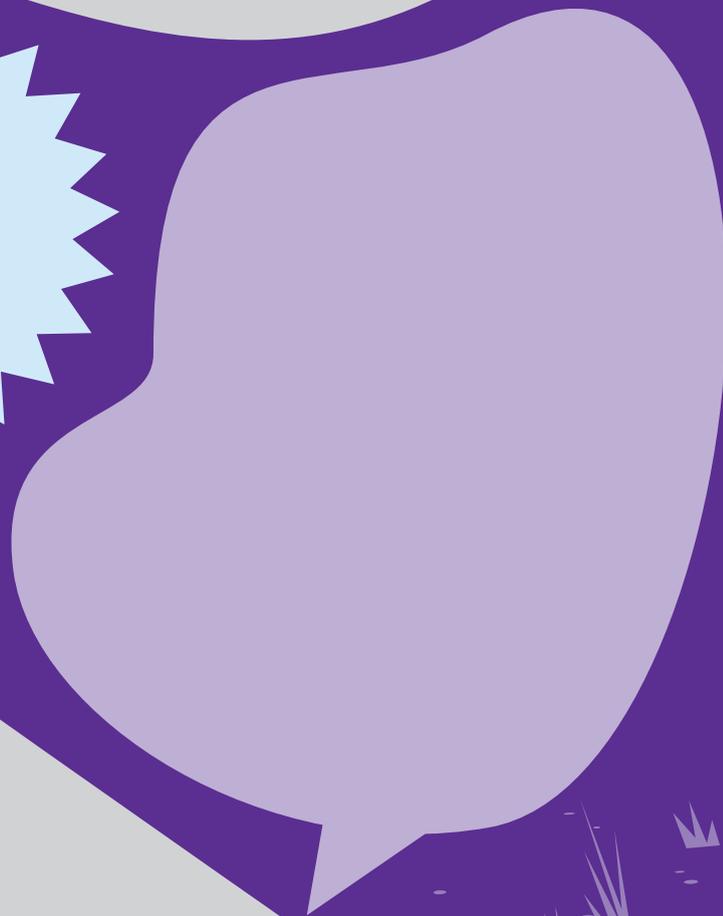
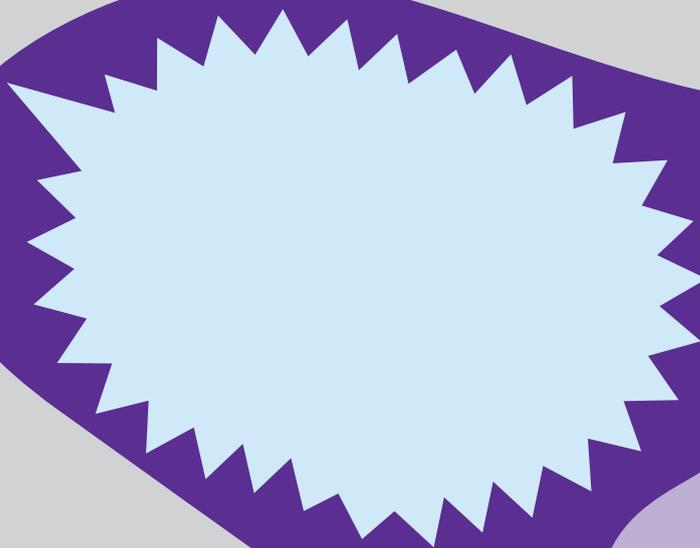
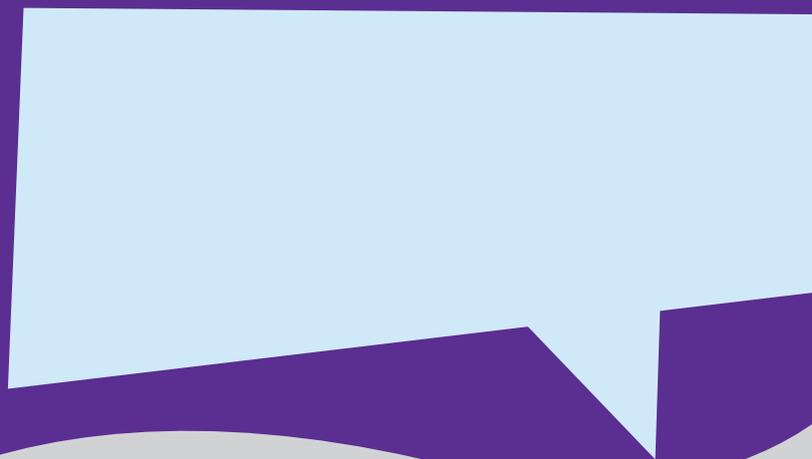
3



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?

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

Outside your home, your school, or neighbourhood?

Anything else?

Pets - what might happen to them?



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

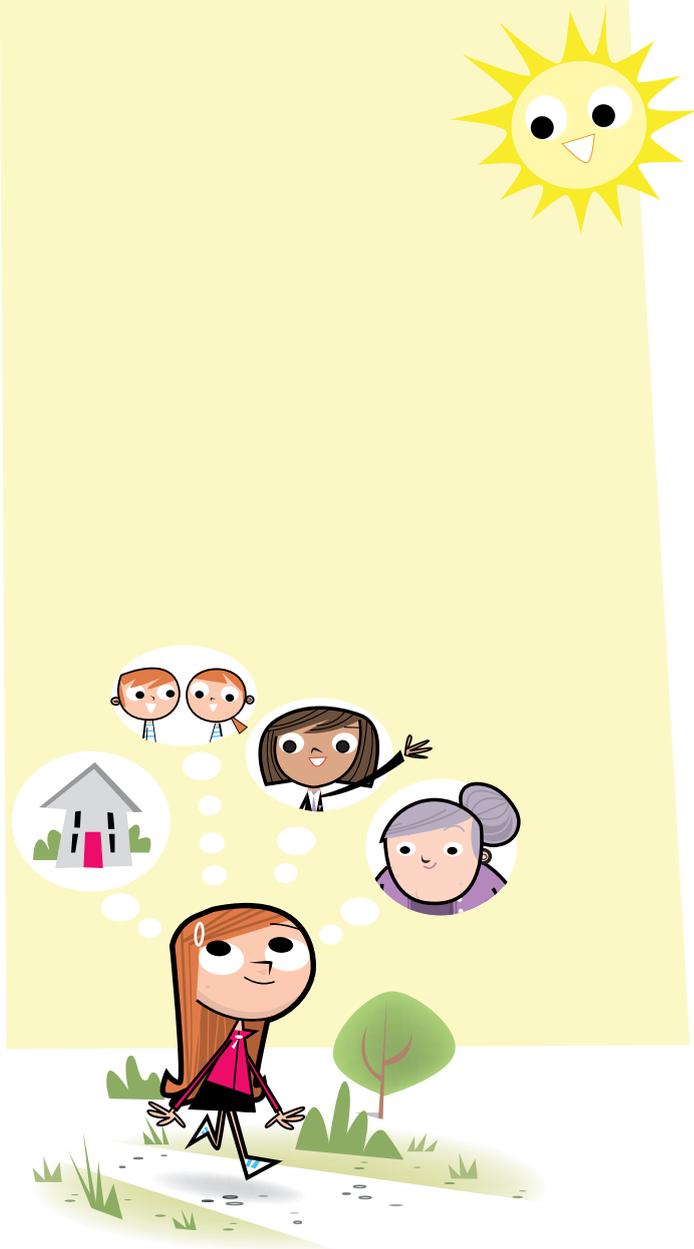
YES NO

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?

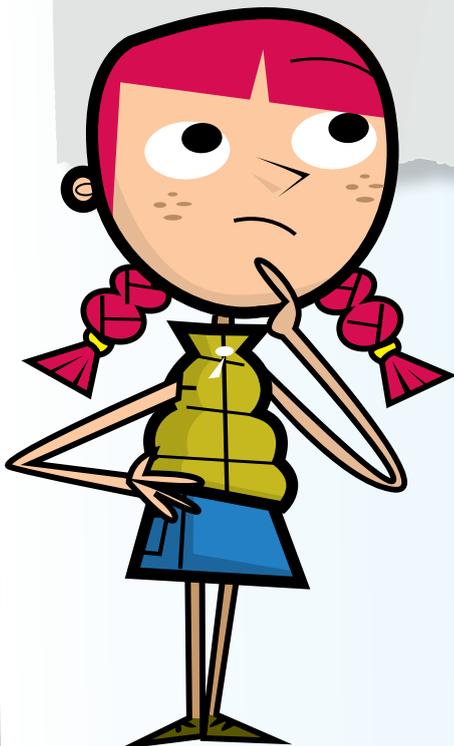
YES

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

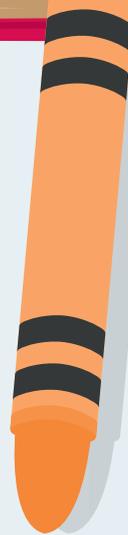
NO

Sometimes

Don't know

My hopes for the future

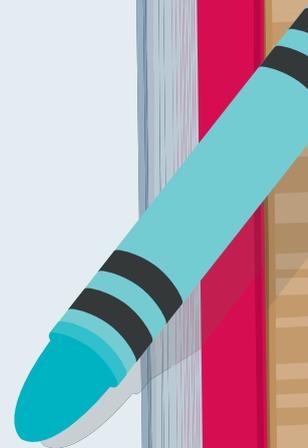
Sometimes we don't know what is going to happen in the future, but we can help you think about it.



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

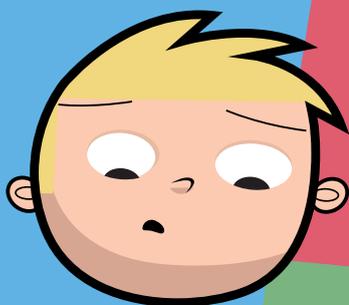
Use this when you want
to explain how it is for you



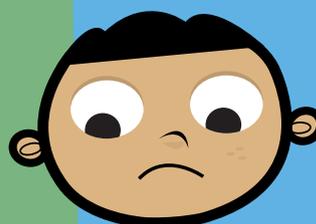
Huge,
scary
worry



Enormous
worry



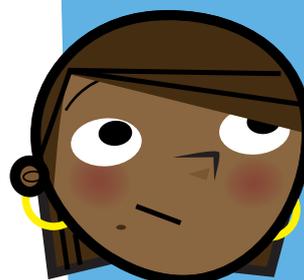
Big
worry



Medium
worry



small
worry





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