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.

Feel good

Happy

Angry

Sad

Feel bad

Worried
My strengths

What are your strengths?

How have your strengths helped you in your life?

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

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

1

2

3
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?

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

- **Small worry**
- **Medium worry**
- **Big worry**
- **Enormous worry**
- **Huge, scary worry**