

Date:

Worker Name:

Stage (please tick one): **Start** **Review** **End**

Next Review Date:

How you feel

How have you been feeling since the crime?

Prompt: How did you feel before?

Are you having more good days or bad days lately?

You can tell me how you are feeling, or you could draw how you are feeling.

Prompt: What usually makes a day good or bad?

Are you still interested in the things you enjoy doing? (e.g. football, watching your favourite programme, dancing)

You can draw what you enjoy doing if you would prefer.

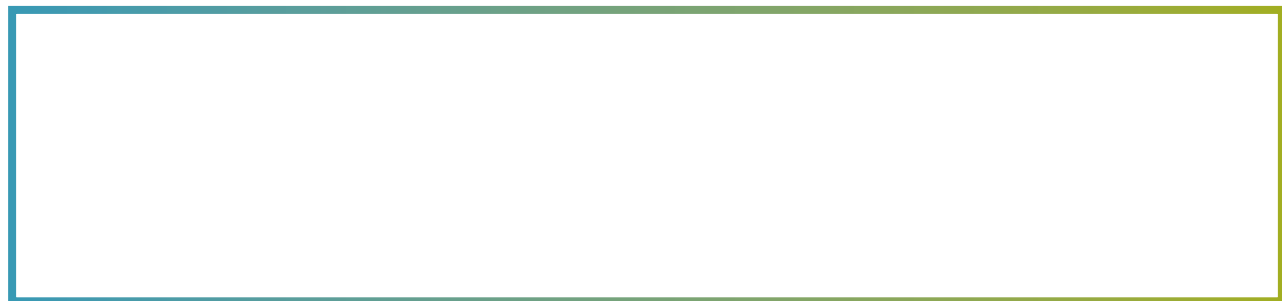
Prompt: What do you like to do for fun?

Prompt: Are you finding it hard to enjoy your favourite things?

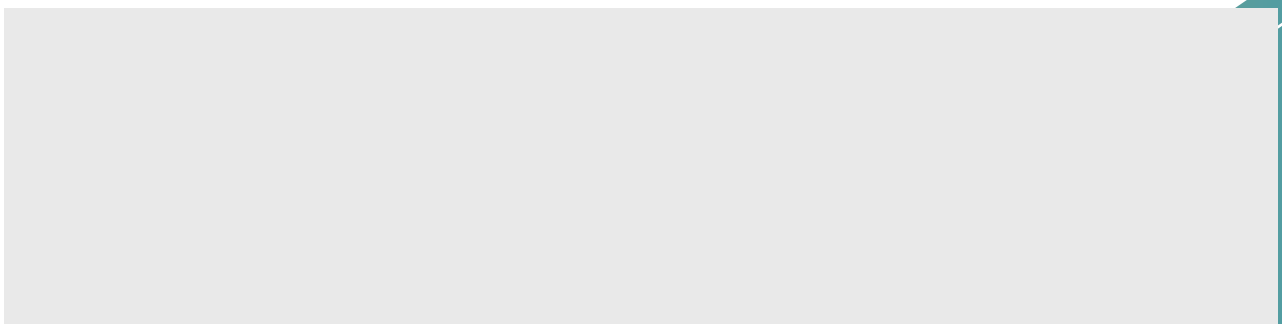


What do you do to make yourself feel better when you are feeling sad/worried/angry etc.?

You can draw what you enjoy doing if you would prefer.



Practioner's comments



Safety

Do you feel safe when you are at home?

Prompt: Have you been worried or sad about being at home since the incident?

Do you feel safe when you're not at home?

Prompt: Have you been worried about going out after what happened?

What do you currently do to keep safe?

Physical Health

Do you feel your physical health has been affected by the crime?

Are you eating all your meals?

Prompt: Do you ever skip meals?

Prompt: What kinds of food do you usually eat?

Are you sleeping okay?

Prompt: Do you find it easy to fall asleep?

Prompt: Does something keep you up at night?

Prompt: Do you wake up in the night?

Family

Who is in your family? Feel free to include anyone who feels like family to you.

You can draw your family if you would like.




Do you feel happy and loved at home?

Prompt: Who do you feel closest to, and who do you go to when you're feeling down?



Are your family supporting you after the incident?



Friends and relationships

Who is in your family? Feel free to include anyone who feels like family to you.

Prompt: Do you have a boyfriend/girlfriend?

Prompt: Who are your closest friends

Do your friends know what happened and are any of them supporting you?

Do you feel like your friendships have been affected by the crime?

Practitioner's comments

Habits and Choices

Have you been using anything like alcohol or drugs to cope with how you're feeling?

Have you done anything lately that might be risky or dangerous?

e.g. Like staying out late, skipping school, or being around people who get into trouble?

Have you ever hurt yourself or felt like hurting yourself to deal with your feelings?

Have you ever had thoughts about not wanting to be here anymore or hurting yourself in a serious way?

Have you ever had thoughts about not wanting to be here anymore or hurting yourself in a serious way?

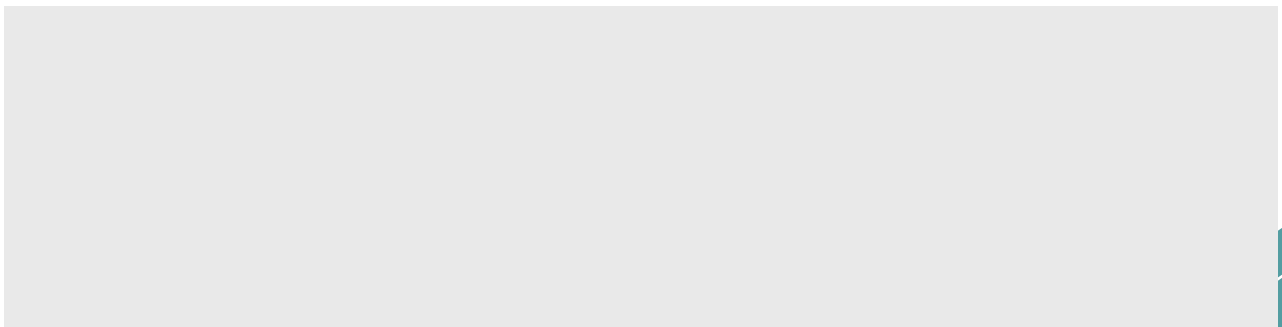
You can tell me how you are feeling, or you could draw how you are feeling.



Do you know how to protect yourself online?



Practioner's comments



School/Employment

Do you feel like your school life or work has been affected by what happened?

Prompt: Is anything at school/work making you feel worried or upset?

Do you have a teacher or supportive adult you can talk to at school/work?

Prompt: If something is bothering you, is there someone at school/work you feel comfortable talking to?

Confidence and Self-esteem

How do you feel about yourself?

You can tell me how you are feeling, use the emotions below or you could draw how you are feeling.

Prompt: Do you think you have a lot of confidence? What do you like about yourself?

Prompt: Do you think your confidence has been impacted by the crime?

Criminal Justice System

Have you told the police what happened?

Do you know what to might happen next with the police?

Do you know if you might have to go to court?

Do you know what it's like at court or what to expect if you have to go?



Outlook

How do you feel about the future after what happened?

You can tell me how you are feeling, use the emotions below or you could draw how you are feeling.



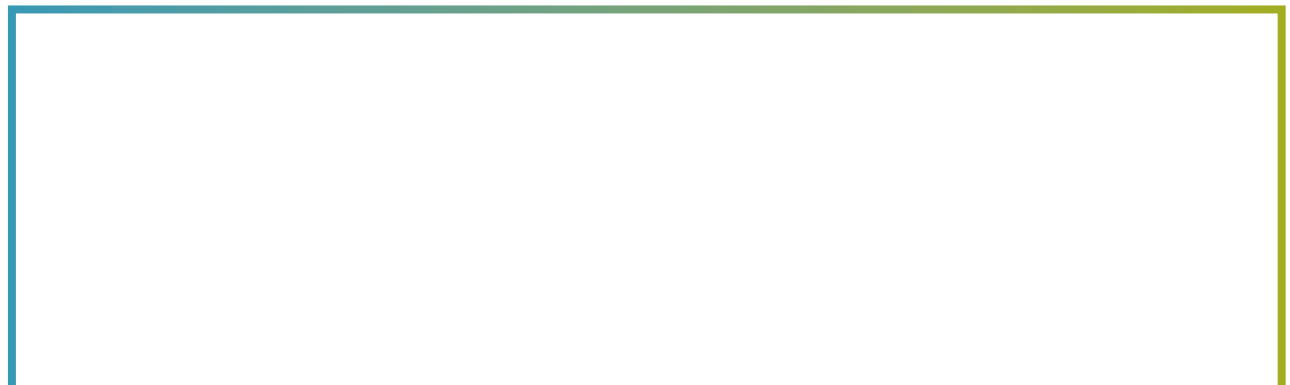
What are your dreams for the future? What would you love to do when you're older?

You can tell me your dreams, or you could draw them.



Other

Is there anything else you would like to talk about that we have not spoken about already?



Are there any areas you feel you have low confidence?
(E.g. body image, school etc.)



What are some things you think you're good at?

You can tell me what you are good at, or you could draw what you are good at.

Prompt: What skills or talents are you proud of?



Practitioner's comments

