

Date:

Worker Name:

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

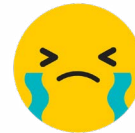
Next Review Date:

How you feel

How do you feel about what happened?

Prompt: How did you feel before?

You can tell me how you are feeling, use the emotions below, rank out of 10 or you could draw how you are feeling.



Are you having more good days or bad days lately?

Prompt: What usually makes a day good or bad?

You can use the traffic light system below if you like (please tick one).



Are you still having fun with the things you like to do? (e.g. football, dancing)

Prompt: What do you like to do for fun?

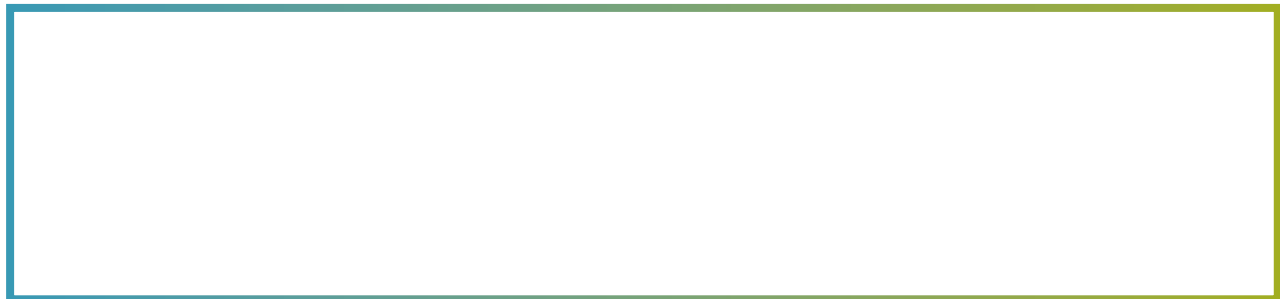
Prompt: Are you finding it hard to enjoy your favourite things?

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



When you're upset, what do you do to help yourself feel better?

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?

You can use the traffic light system below if you like (please tick one).



Do you feel safe when you're outside or with friends?

Prompt: Have you been worried or sad about being at home since what happened?

You can use the traffic light system below if you like (please tick one).



What do you do to stay safe?

You can draw or list things you do to stay safe

Physical Health

Do you think your body feels different since what happened?

You can use the traffic light system below if you like.
(please tick one).



Are you eating all your meals?

Prompt: Do you ever skip meals?

Prompt: What kinds of food do you usually eat?

Prompt: How many meals do you eat a day?

You can use the traffic light system below if you like
(please tick one).



Are you sleeping well?

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?

You can use the traffic light system below if you like
(please tick one).



Family

Who is in your family?

You can draw your family if you would like.

Do you feel happy and loved at home/where you live?

Prompt: Has anyone where you live ever hurt you?

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

You can use the traffic light system below if you like (please tick one).



Practitioner's comments



Friends and relationships

Do you have good friends to talk to or play with?

Prompt: What are your friends names?

You can use the traffic light system below if you like (please tick one).



Do you have a boyfriend/girlfriend? (only ask if applicable)

Prompt: What is their name?

Prompt: How old are they?

Prompt: Do they make you feel good about yourself?

Prompt: Do you feel safe with them?

You can use the traffic light system below if you like (please tick one).



Practioner's comments

Habits and Choices

Have you done anything that might not be safe? e.g. Like staying out late, skipping school, or being around people who get into trouble?

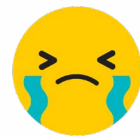
You can draw or talk to me about anything you may do that isn't safe.

Have you ever felt so upset or sad that you thought about hurting yourself?

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

Do you feel safe when you're online, like on social media or playing games?

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



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

You can use the traffic light system below (please tick one).



School

Has anything changed at school because of what happened?

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

You can use the traffic light system below (please tick one).



Is there a teacher or adult at school who helps you when you need it?

Prompt: Is there someone at school you feel comfortable talking to?

Confidence and Self-esteem

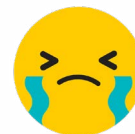
How do you feel about yourself? Do you like who you are?

Prompt: Do you think you have things that you are good at?

Prompt: What do you like about yourself?

Prompt: Has how your feel about yourself changed since what happened?

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



Criminal Justice System

Have you told the police what happened?

Prompt: How did you feel when you were talking to the police?

Prompt: Did the police help you?

Prompt: Do you know what might happen next with the police?

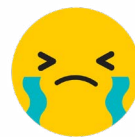
Do you know what it's like at court or what to expect when you have to go? (only ask if applicable)

Prompt: is there anything that worries you about going to court?

Outlook

How do you feel about what's going to happen in the future?

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



What do you dream about doing when you're older?

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



Other

Is there anything else on your mind that you'd like to talk about?



Practitioner's comments

