

Where are you now?

- 1 Not safe 2 Want change 3 Making changes 4 Alright 5 Safe and well

Drugs and alcohol

How much you drink or take drugs and what you think about it



- 5 I drink or take drugs a little or not at all and it's not getting in the way
- 4 Things are under control and pretty good most of the time, but sometimes drink or drugs do cause problems
- 3 I am trying to cut down or stop but it's hard
- 2 I drink or take drugs a lot but I'm worried about some things that have happened and I'm thinking about making changes.
- 1 I drink or take drugs a lot. It's what I do – it's fun. I'm not interested in change

Well-being

How you feel physically and emotionally - feeling stressed, low, angry or physically unwell



- 5 I feel well and mostly I enjoy life. I can deal with difficult things myself or with friends or family
- 4 I mostly feel OK but sometimes there are problems
- 3 My health, or dealing with difficult feelings, causes problems but I'm doing something about it, e.g. sport, or talking to someone
- 2 I want to feel better than this
- 1 I feel pretty bad but that's life. Nothing can be done about it

Safety and security

Having friends who are "safe" and look out for you, not ending up in hospital, getting home OK, not risking pregnancy or sexually transmitted infections and avoiding violent situations



- 5 I keep safe. I know when things are too risky and try to steer clear of trouble
- 4 I mostly keep myself safe and away from trouble. Most of the time I know when to stop but occasionally things get out of hand
- 3 I'm trying to stay safe but it's hard – things happen
- 2 I take risks a lot and I'm scared by some things that have happened. I'm thinking about how to stay safer
- 1 Lots of what I do is very risky but that's just the way it is

Structure and education

How you spend your day during the week



- 5 I am in school, college or work and doing well. I feel I am going to achieve my full potential
- 4 I am in school, college, work or actively looking for work. Mostly it's going OK but I need more support or to work harder to achieve my full potential
- 3 I mostly go to school or college or look for work but it's hard to keep going
- 2 I am in school or college but I usually don't go or get in trouble when I'm there. My life is chaotic. I'm not getting anywhere – I want things to be different
- 1 I am not at school, or in training or work. I have no routine or structure

Behaviour and citizenship

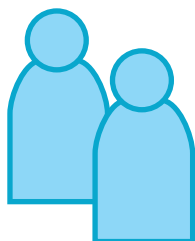
The effect of your behaviour on other people and the area in which you live – whether that is a positive effect or a negative one (e.g. because of offending or anti-social behaviour)



- 5 I stay out of trouble. People see me as a positive person
- 4 I manage to stay out of trouble most of the time. I'm not breaking the law but every now and then there are a few problems
- 3 I'm trying to stay out of trouble but it's hard – things happen
- 2 I get in trouble a lot. I am known to youth offending professionals or probation but mostly meet their terms so things are not getting worse
- 1 I'm in trouble and things are getting worse. I'm in contact with a youth offending professional or probation and I'm not sticking to their terms

Family and other key adults

Whether you have supportive adults in your life – your family, carers or others – or whether those you live with are part of the problem



- 5 I feel supported at home and have good relationships with caring adults
- 4 I get good enough support from mum, dad or other key adults. There are some problems at home but mostly we deal with them OK
- 3 Mum and/or dad are not around much or I have no clear rules or routine at home. There are lots of rows but my home is mostly safe
- 2 My home is not safe or there is a risk of me being thrown out, but I am finding other adults I can trust
- 1 My home is not safe due to my parents' drug, alcohol, violence, mental health or other issues. There are no adults I can trust to help me