**Alcohol and Drugs**



* **Drug use**
* **Alcohol use**
* **Your Thoughts**

**Well-being**

* **General Health**
* **Emotional Health**

In the last 3 months have you…

Smoked or vaped anything which isn’t tobacco?

Sniffed or snorted any powders?

Swallowed any pills, pellets or powders that are not medication?

Drunk Alcohol or any liquid that gets you high?

Injected anything that’s not prescribed to you?

Inhaled any gas, glues or substances?

**General Health**

Are you generally fit and well?

Do you go to your GP?

Are you on any medication of a known health reason?

Do you have any allergies?

Does anyone in your family have any medical histories?

**Diet**

What’s your diet like? Do you eat 3 meals a day? What do you eat? Do you help with the cooking?

Do you do any exercise? Are you in any clubs?

**Sleep**

What time do you go to bed and sleep? What time do you wake up on a morning? Do you struggle to get to sleep?

Do you sleep through the night? Do you have any nightmares?

**Daily Feelings**

How do you feel on a day to day basis?

Are there any situations that make you feel: Anger, Anxiety, Stress, Tired, sad

What makes you feel like that?

What do you do in the situation to manage it?

**Safety & Security**



* **Relationships**
* **Sexual Health**
* **E Safety**

**Structure & Education**

* **School**
* **Attendance**
* **Learning**
* **Support**

Is there any time you feel scared or unsafe?

Where do you feel most safe? Who looks after you when your parents or guardians are out?

If you are not living with your family do you have visits with them? If so, do you feel safe and do they make sure you stay safe?

If you’re out by yourself how do you keep yourself safe?

Have you ever felt unsafe outside or at home?

Have you ever felt threatened when out with your friends or have you ever gotten into trouble with another group of people? If so why?

How do you know who to trust? If you had a problem who would you go to and trust to talk to?

Have you ever ended up in hospital or A&E? If so why?

**Sexual Health**

Are you in a relationship or seeing anyone?

How old is your partner?

What’s your relationship like? If it a safe relationship? How would you describe a safe relationship?

Are you sexual active or have you ever been sexual active? Do you know what this means?

Do you know what consent is? (Have them tell you to show understanding)

Do you know what the law says about sexual health and what the law says about the legal age of consent?

***The law states anyone under the age of 13 cannot lawfully or willingly consent to any sexual activity and the other person involved can be prosecuted for this***

Do you know what STIs are? Can you give me some examples?

Do you know what contraception is? Are you on any? Do you know where to go for it? Have you ever had CCARD?

**Internet & Phone usage**

Do you have a phone? Do you use it? How do you communicate with others? What phone do you have?

Are you on social media? Which ones?

Does anyone ever monitor your usage?

Do you go to school and which one?

What year are you in?

Do you like school or not and why?

Any favourite subjects or ones that you dislike?

What is your attendance like?

Do you arrive on time? Or any issues with this….

Can you concentrate and focus in lesson? If not why…..

Can you the work that is given to you in class?

Do you do your homework and have you got a place at home to do it?

Do you like your teachers? Is there anyone you can talk to in school if you are worried?

Have you got friends in school and do you see these outside of school?

Do you have any issues with bullying or friendship fall outs?

What do you do when you get in from school?

What do you want to do when you leave school?

**Behaviour & Citizenship**

* **Friendships**
* **Home Life**
* **Environment**
* **Risk Taking Behaviours**

**Family and Other Key Adults**

* **Family Life**
* **Other Key Adults**

Who do you live with?

Where do you live? Do you like it there?

How settles do you feel in the area? What do you like or dislike about the area?

Do you worry about your family, having to move house suddenly or having to move to a new placement?

Are there things that are broken and don’t get mended?

Who do you hang about with? Are they the same age, what’s the age? Where do you go when you’re out?

Do your friends come round or sleep over? Do you sleep out, if so where?

Have you ever been in trouble with the police or street wardens?

Have you been arrested or stopped by the police?

Are you working with any other services? YOT, Youth Direction, CGL?

Are you apart of any groups? Cadets, Youth, Sports?

Who would you go to if you felt you were in trouble?

Do your carers respect your wishes around your culture, sexual orientation or feelings?

Finance?

Do you have any brothers and sisters? Do you get along with them?

Do you get along with your parents/carers? Do they support you?

Are there any issues at home or the place you live?

Do you spend much time at home?

Can you rely on the people you live with to be there for you if you really need their help? If not, is there someone else you rely on?

Do you feel you need to be strong for them and support them emotionally?

If your parent’s have separated and you only live with one of them, do you have contact with your other parent? What is that like?

If you’re parents have separated and you live between both homes, how is that working for you?