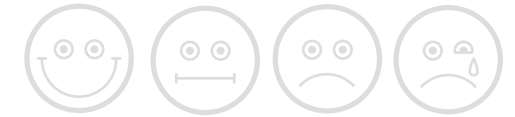


Introduction



The questionnaire on the next six pages was devised following a number of deaths of young people where it appeared that young people themselves were not always aware of how risky certain situations were, or professionals had not raised safety issues with young people.

The tool is devised with the intention that professionals will use the appropriate sections with young people, as a way of opening up discussions about safety. It is not intended for young people to complete alone.

The idea behind this tool is that it gives young people information about risky situations, whilst also providing some hints as to what might constitute safer situations. It also allows professionals to raise issues of safety with young people in a way which is non-accusatory.

The different coloured sections address different issues:

Yellow = generic issues

Maroon = online safety

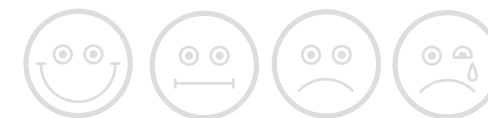
Green = issues when out and about

Purple = mental health issues

Navy = violence, sexual abuse, substance use, basic safety

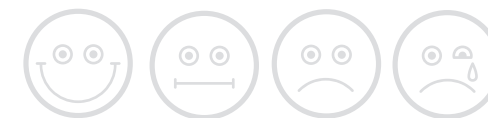


Generic issues



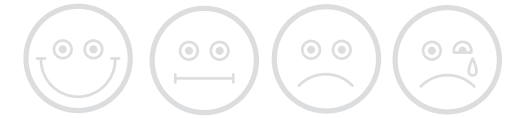
Young People's Safety Tool (age 13-18)	Good 	Could B better 	Not too good 	Really bad 
Friendships	I have friends I trust and who support me.	There are some people in my life who don't support me and some who do.	I really don't have much support in my life.	I have people in my life who are hostile and dangerous to me.
Home life	I feel loved, wanted, safe and secure at home.	I sometimes feel unloved or unwanted at home.	I don't feel loved or wanted, safe or secure at home.	I am not loved, wanted, safe or secure at home.
Peer pressure	My friends respect me and take no for an answer. I don't do things to avoid losing face.	Sometimes my friends convince me and I do something I'd rather not.	My friends regularly push me into doing things I am uncomfortable with because I am afraid to let them down.	I do whatever my friends tell me, even if I know it will get me in trouble with the law or in hurting myself.
School/college/work life	I trust the people who work with me.	I have got friends at school/college/work though I am not always confident.	There is quite a bit of bullying going on at school/college/work but it is not just happening to me.	The people who work with me are abusive to me.





Online safety



Young People's Safety Tool (age 13-18)	Good 	Could B better 	Not too good 	Really bad 
Online safety	<p>I understand what the risks are online and how to avoid them. I don't share personal information online and I'm careful about what I share.</p> <p>I could talk openly about online activity with my parents if I wanted.</p>	<p>Most of my online profile settings are private. I am 'friends' with some people online that I don't know in real life. I know how to report problems.</p>	<p>Most of my online profile settings are public and regularly 'friend' people I don't know in real life. I have shared some personal stuff online and I'm not sure how to report something or who to tell.</p>	<p>All my online settings are public. I have shared personal information online with people I don't know. I have posted or shared pictures online that I wouldn't want my family to see. I have felt intimidated on line and don't know how to report my worries.</p>
Accessing things on the internet	<p>I don't access inappropriate things on the internet .I, know how to avoid them. I can tell my parents/carers about anything I do online, including anything that worries me. I don't spend too much time online.</p>	<p>I have seen inappropriate things on the internet. I know there are safety features that will help but have not set them up.</p>	<p>I have accessed, been sent or shared inappropriate things online. It has made me feel really uncomfortable but I am not sure how to set up safety features or how to report things.</p>	<p>I spend large amounts of time on the internet, including when I would normally be asleep. I access hard-core adult material and violent/ extreme content and have shared them with others.</p>

Issues when out and about



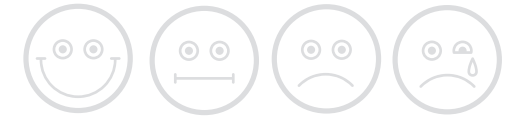
Young People's Safety Tool (age 13-18)	Good 	Could B better 	Not too good 	Really bad 
Missing from Home	When I am out, my parents always know where I am and I can get home safely.	I have times (a couple of hours) when I don't tell anyone where I am.	I make sure nobody knows where I am when I have run away from home.	I am away for days on end and nobody knows where I am.
Homelessness	I have a safe comfortable space to live. With safe people.	I have somewhere to live, and it is ok.	I can stay with someone tonight, but it will cost me or I can't stay for long.	I am living on the streets and don't feel safe I have nowhere to go tonight.
Safe travel	I always have plans to get home safely, and always make arrangements with my parents, carers or family. People know where I am when I am away from home.	I often walk home late at night with my friends, but my parents don't know where I am or what time I will be back. I can go home when I want.	I am often walking home at night alone. Nobody knows where I am. I have no set times to come home.	I will get lifts off anyone. I have ended up in places I didn't want to go with people I don't know. My parents don't notice when I come home.





Mental health issues



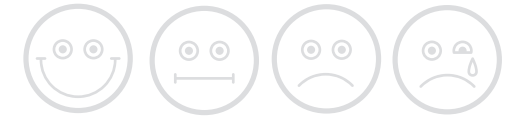
Young People's Safety Tool (age 13-18)	Good 	Could B better 	Not too good 	Really bad 
Self Harm	I have no wish to harm myself and think I am ok.	I feel like I might harm myself.	I have harmed myself before and might do so again.	I regularly harm myself and no one knows.
Suicide	I have no thoughts/wish to commit suicide and think I am ok.	I am having thoughts of suicide, but am asking for help.	I have frequent thoughts of suicide but no plans to act on them.	I have a plan for how and when, but I'm not telling anyone.
Self esteem and mental well being	I am feeling well in myself and know where to access help if/when needed.	Well I get a bit upset and stressed, but I can cope with life. Even if I get stressed, I have people to support me.	I am feeling really low and depressed and out of control and bad about myself. I have a lot of negative thoughts.	I am really worried. I feel so bad about life and myself I can't cope. I feel out of control. I hate life, I hate myself.
Bullying	I feel safe with my friends, in any setting. If someone picks on me, I can stand up for myself.	I sometimes get picked on. There are some people I avoid cos they take banter too far.	I feel like I get bullied but I talk to my friends about it.	I am being bullied. It is really impacting on my life. I am struggling to escape. I don't know who to turn to.



Violence, sexual abuse, substance use, basic safety



Young People's Safety Tool (age 13-18)	Good 	Could B better 	Not too good 	Really bad 
Domestic abuse	I have never witnessed or experienced domestic abuse or anyone being hurt or feeling bad.	I sometimes worry about arguments or someone getting hurt or feeling bad.	I have often witnessed or experienced myself or others getting hurt or feeling bad and some services have been involved (e.g. Police, Social Service, School, DA services).	I witness or experience myself or others getting hurt or feeling bad but no-one knows about it.
Sexual Exploitation	I am under no pressure to be sexual with anyone. I can say no.	If I say no, I worry about what they will say about me. I worry I may upset them. If I say no, I may be at more risk of losing something/someone.	I am scared about what will happen if I say no to things I don't want to do.	I am being forced/persuaded to have sex with people I don't want to. If I could, I would not be having sex with them.
Sexual risks	I know how to stay safe with sex. I practice safe sex by using contraception and use sexual health services regularly.	I know about safe sex. I usually practice safe sex, but not always and sometimes use contraception.	I have felt under pressure to have sex. I have had STI scares and pregnancy scares. I access sexual health services but only when I really need to in an emergency.	I have been forced to have sex. I have had repeated STI and pregnancy tests. I'd had unprotected sex and I don't know where to find out if I am pregnant or have an STI.

Violence, sexual abuse, substance use, basic safety - Cont



Young People's Safety Tool (age 13-18)	Good 	Could B better 	Not too good 	Really bad 
Alcohol	I don't drink regularly or at all. I occasionally drink when I am with my parents, and then its only a little. I know about the risks of different types of alcohol.	I have been taught about alcohol at school. I do drink sometimes, with my friends, but I don't get wasted. I am aware of the risks of alcohol.	I drink with my friends. We often dare each other to drink and things sometimes get out of hand.	I binge drink and I often can't remember what has happened. I have been admitted to hospital because of drink. I have passed out and woken up alone or with someone I don't know, not knowing where I was or how I got there.
Drugs & legal highs	I don't take legal/illegal drugs. I only take drugs prescribed by a doctor. I know the risks.	I am aware of some of the risks and know where to get help, but I have experimented with illegal drugs/legal highs. Sometimes I have used prescribed drugs in the wrong way (not in the correct way as intended).	I regularly do illegal drugs/legal highs when I am with my friends. They encourage me to do them. I don't care about the risks and don't think I need help.	I regularly take drugs without knowing what they are or the people I get them off. I have had a scary experience or been to hospital as a consequence of using drugs/legal highs. It affects my daily life and I have owed money for drugs/legal highs.
Safety & wellbeing	I feel safe and secure at all times.	I mostly feel safe. I know when to get worried.	I don't feel safe. I often feel alone. I can't get support.	My life is in danger. I feel afraid for myself most of the time.