 **Day In My Life: Adolescent**

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| **Question** | **Response** | **Notes** |
| **Waking up in the morning**   1. Do I use an alarm to get up? Does someone get me up? Who? 2. What time do I normally get up? 3. Do I have to get anyone else up? 4. Is there anyone else up when I get up? 5. Are my mornings the same or is it different every day? 6. Do I usually feel rested in the morning and like I have slept well? |  |  |
| **Breakfast**   1. Do I eat breakfast in the morning? What do I like to have? Is it the same every day or different? Is it healthy? 2. Do I need to make breakfast for other people? 3. Do I eat my breakfast with others or by myself? |  |  |
| **Dressing**   1. Do I have enough clothes to wear for the day? Are they clean, the right size for me, right for the weather? 2. Do I know how to look after myself, e.g. washing and brushing teeth etc? 3. Do I have a positive body image? Do I think I look ok? |  |  |
| **Getting to Education, Training or Employment**   1. Do I go to school, college, training, or work? How far away is it? How do I get there? 2. Do I need to take anyone else to school i.e. younger siblings? 3. Do I tend to arrive on time or am I late? |  |  |
| **In Education, Training or Employment**   1. Do I attend school or am I Electively Home Educated (EHE)? 2. If I am Electively Home Educated (EHE), what does this look like, what do I like about it , what might be better? Is my parent/carer in touch with the EHE team? 3. If I am at EHE, how is my progress monitored? Do I have access to the resources I need at home? Do my carers communicate openly with education welfare? 4. Do I like school/college/training/work? 5. How do I feel I am doing at school, training or in work? Do I find any of my lessons/training/work difficult? Are things put in place to support me? 6. How often do I go to school/college/work? Do I get there on time? Am I there all day? 7. Do I have any friends there? Do I spend time with them in breaks/ free time? 8. Do I have lunch – canteen food or packed lunch? 9. Do I have a favourite teacher or someone I like to talk to? 10. Do I see anyone for help at school – ELSA, school counsellor, mental health support worker (MHST) etc? 11. Have I ever been bullied? 12. Have I been suspended or excluded before? 13. Do I get regularly sent out of lessons? What for? Where do I go? 14. How many schools have I been to? 15. If I get angry/upset/overwhelmed at school, is there a safe space/someone I can go to? 16. What do I enjoy most about school/work/training? 17. Do my parent(s) engage with school and attend school meetings? |  |  |
| **After Education, Training or Employment**   1. How do I get home? 2. Do I want to go home, or do I avoid going home? 3. Do I go home, or do I go to friends’ houses or hang out somewhere else? 4. Does anyone meet me and take me home? 5. Do I attend any clubs outside of/after school/work/training? Which ones? 6. Is there anyone at home? 7. Do I watch TV such as Netflix and/or game/use my phone for things like youtube / chatting apps and if so, is what I watch ok for my age? 8. Do I have homework/coursework to do and does anyone help me with it? Does anyone check that I have done it? 9. Do I have to look after anyone else? Do I need to get food for anyone else? 10. Is there food available? Does anyone help me get some food? Am I able to cook/prepare a snack for myself? |  |  |
| **Evenings**   1. Do I have a meal in the evening and what time is this? 2. Who makes the food? What kinds of things do I eat? 3. What are my favourite foods? 4. Do I generally eat with others, or do I eat by myself? 5. Is there anyone I can tell if I am hungry and do they provide food for me? 6. Do I go out in the evening and if so who do I go out with? Where do I go and what I do there? 7. Do I have to be home by a set time? What time? Do I generally return at the agreed time? What might happen if I didn’t? 8. Does my parent/carer know who I am out with – do they ask or check? 9. What do I do with my family in the evenings? What do my parents/carers do? 10. Do we spend time together or do our own things? 11. Do I attend any clubs/activities? Who with? How do I get there and back? Does anyone stay and watch me? |  |  |
| **Bedtime**   1. Do I go to bed at the same time every night during the week? 2. Who decides when it is bedtime? 3. Where do I sleep? 4. Do I like where I sleep? 5. What I my bedtime routine? 6. Who else is in the house at night-time? Are there visitors at unsociable hours? 7. Do I have to look after anyone else at bedtime? 8. Do I have my own room, or do I share with others? If I share who do I share with? 9. Do I have what I need in my room (bed, curtains, warm 10. floors)? Do I have clean, warm bedding? |  |  |
| **School Holidays/Weekends**   1. What do I do in school holidays, weekends and free time? 2. Do I have to look after anyone? 3. Do I have chores / jobs to do? If so, what are they? 4. Do my parents/ carers look after me during the holidays/are they around or are they at work? 5. If left unsupervised, how long for? Can I easily contact someone responsible if something went wrong? Who? 6. Do my parents/carers know what I do during the day and who I am with?7) Do I have friends to spend time with? Do my carers know them? Where do I know them from? Are they the same age as me? 7. What do my friends like doing? 8. Do I have any hobbies? 9. If I get free school meals during the term, what happens in the holidays? 10. Is there food to eat at home? 11. Is there someone around to help make food and supervise mealtimes? 12. Do I have my own money? Where do I get it? 13. Do I have a job to earn money? 14. Do I seem to have more money / things than I would be able to afford by myself? 15. Does anyone check what I am doing on the internet / are there any parent controls? 16. What sites do I visit online and what do I do? 17. Do I chat online (including gaming) or share any information or pictures? What do I talk about? Do I always know who I am talking to? 18. Does anyone check what I look at online? |  |  |
| **Relationships**   1. What are my relationships like with my family and friends? Do I have lots of friends or just a few? 2. Do I find making and keeping friends easy? 3. Do I get on ok with my parents /carers? What about my siblings? If I do not get on with them is there anyone else that I talk to or spend time with? 4. Who else is close to the family / around a lot? 5. Do I spend lots of time in other people’s houses / sleep elsewhere? 6. Do I have a girlfriend / boyfriend? Do they make me happy? Are they the same age as me or older / younger? Do people know we are in a relationship? 7. Do I feel safe in my relationship? Have I ever been worried about my boyfriend’s/girlfriend’s behaviour towards me and/or others? 8. Who would I regard as my closest adult? 9. Who would I regard as my closest friend? 10. Have I ever assaulted or verbally abused my parent/caregiver? |  |  |
| **Additional considerations**   1. Do I vape? 2. Do my parents/carers smoke and/or drink alcohol often? Do I do it with them? Do they buy it for me? 3. Do my parents/carers misuse substances such as cannabis or other drugs and do they do they do it around me? Am I aware of it? Do I do it with them? 4. Do my parents/carers have a learning difficulty, complex health needs or a disability? Am I a young carer? Do I get support for it if I am? 5. Do my parents/carers suffer with poor mental health? Do I know a lot about their mental health problems? Does this cause me worries? Do I get support with this? 6. Am I blamed for causing my parents poor mental/physical health? 7. If my parents/carers are separated, am I encouraged to have a positive relationship and see both parents, where appropriate? Do my parents/carers overshare their relationship problems with me or encourage me to take sides between them? 8. Does my parent have a new partner? 9. Who are the adults I see often? 10. Are my parents/carers in a healthy relationship with each other or other people or is there a lot of conflict? Is one of them at risk of domestic abuse? Could I be at risk of being a victim of domestic abuse? 11. Are my parents/carers in prison or in the criminal justice system? Do I know about it? How does it affect me? 12. Have I moved with my family from another country because it was unsafe to live there? Do we have support from other services that are aware? 13. Do I consider taking or dealing drugs? 14. Do I drink alcohol? How much? Am I allowed to? Where do I get it from? 15. Do I have a dentist? Do I go regularly for check-ups? 16. Do I have a GP, am I supported to see the GP when I need to. |  |  |