

# Wellbeing Assessment

Name			DOB		
	<i>Strengths/protective factors</i>		Wellbeing	<i>Developmental needs/adversities</i>	
<b>Safe</b>	Protected from abuse, neglect or harm, at home, school, and in the community				
<b>Healthy</b>	Having the highest attainable standards of physical and mental health, access to suitable health care and support to make healthy choices				
<b>Achieving</b>	Being supported and guided in their learning and in the development of their skills, confidence and self-esteem				
<b>Nurtured</b>	Having a nurturing place to live, in a family setting with additional help if needed or where this is not possible, in a suitable care setting				
<b>Active</b>	Having opportunities to take part in activities such as play, recreation and sport which contribute to healthy growth and development				
<b>Respected</b>	Having the opportunity, along with carers, to be heard				
<b>Responsible</b>	Having opportunities and encouragement to play active and responsible roles in their schools and communities where necessary				
<b>Included</b>	Having help to overcome social, educational, physical and economic inequalities and being accepted as part of the community in which they live and learn				

