

What I Think Tool

16+ Age



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What I Think Tool for 16+ Age Range

Background:

This tool was designed following focus groups with young people aged 16-24 in schools, college, Youth Learning Services and Skills Development Scotland. The questions are intended to promote a dialogue between professionals and young people based on the GIRFEC health and wellbeing indicators.

Aim:

The tool acts as a guide to gain young people's views to inform planning for intervention and identify protective and potential risk factors in their lives. This information can be used to inform the wellbeing screening tool.

Healthy: All young people should have the highest attainable standards of physical and mental health, access to suitable health care and support to make healthy choices.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) People who encourage you to eat healthy food, look after your body and help you feel better when you are feeling down or ill?	(a) At home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(a) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(b) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)

Can you: (2) Make healthy food and lifestyle choices (e.g. exercise regularly and maintain a balanced healthy diet)?	(a) At Home	(a)
	0 1 2 3 4 5 6 7 8 9 10	
	(b) In Education/Work/Training?	(b)
	0 1 2 3 4 5 6 7 8 9 10	
	(c) In the Community?	(c)
	0 1 2 3 4 5 6 7 8 9 10	

Can you: (3) Maintain a healthy state of mind/mood (e.g. you do not feel anxious frequently or suffer from low mood such as feeling down?).	(a) At Home	(a)
	0 1 2 3 4 5 6 7 8 9 10	
	(b) In Education/Work/Training?	(b)
	0 1 2 3 4 5 6 7 8 9 10	
	(c) In the Community?	(c)
	0 1 2 3 4 5 6 7 8 9 10	

Do you: (4) Consume substances	(a) At Home?	If so, how often?
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that may harm your health (e.g. tobacco, alcohol and/or other drugs)?

(b) In Education/Work/Training?

If so, how often?

(c) In the Community?

If so, how often?



Safe: All young people should be protected from abuse, neglect and harm, in their homes, schools, and communities.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) People who keep you safe (i.e. people you can trust, and/or would help you if you were in danger)?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)
Do you have: (2) Places where you feel safe? (e.g. where you feel protected from harm and feel comfortable/'at ease' in your surroundings)?	(a) At Home 0 1 2 3 4 5 6 7 8 9 10	(a)
	(a) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(b) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)

<p>Do you have:</p> <p>(3) Ways of keeping yourself safe if you are sexually active? (e.g. access to relevant sexual health information and guidance on making informed decisions)</p>	<p>Please give examples:</p>	
<p>Can you:</p> <p>(4) Take responsibility for your own safety (e.g. say 'no' if you are in a situation you are not comfortable with and can seek support?)</p>	<p>(a) At home</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>	<p>(a)</p>
	<p>(b) In Education/Work Training?</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>	<p>(b)</p>
	<p>(c) In the community?</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>	<p>(c)</p>

Achieving: All young people should be supported and guided in their learning and in the development of their skills, confidence and self-esteem.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) Someone who encourages you to do your best, achieve your goals and praises you for your efforts?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(a) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(b) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)
Can you: (2) Set goals for yourself, plan for your future, and take responsibility for achieving these goals?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)
Are you: (3) Proud of your achievements/success?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)

Nurtured: All young people should have a nurturing place to live, with additional help if needed, in order to thrive.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) People who support you, who are there for you and you can trust?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)
Can you: (2) Ask for support if there is something troubling you?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)

Active: All young people should have opportunities to take part in recreational activities (.e.g. sports), which contribute to healthy growth and development.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) People who encourage you to get involved in activities and to be physically active?	(a) At home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)
Are you: (2) Able to access activities/hobbies/clubs that interest you (e.g. do you have access to transport to get you there and/or can you afford to maintain these?).	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)

Respected: All young people should have the opportunity to be heard.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) People who take on board your views and opinions when decisions are being made that affect you?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(a) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(b) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)
Do you have: (2) People in your life who treat you fairly and who respect and support the decisions that you make?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)

Responsible: All young people should have opportunities and encouragement to play active and responsible roles in their education, employment, training and communities where necessary.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) Responsible roles that you perform in your life? (e.g. at work, supporting younger people within your family, peer support, within education etc...)	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(a) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(b) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)
Are you: (2) Able to be a good role model and care for others.	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)

<p>Are you:</p> <p>(3) Able to participate in activities responsibly and abide by the rules of the environment in which you are in (e.g. you are able to use substances sensibly and adhere to the rules set by authority figures).</p>	<p>(a) At Home?</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>	<p>(a)</p>
	<p>(a) In Education/Work/Training?</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>	<p>(b)</p>
	<p>(c) In the Community?</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>	<p>(c)</p>

Included: All young people should have help to overcome social, educational, physical, and economic inequalities, and be accepted as part of the community in which they live and learn.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) People who spend time with you, listen to you, take your opinions into account, and accept you for who you are?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(a) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(b) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)
Are you: (2) Able to feel part of something (e.g. peer group, club, and hobby or decision making processes that involve you?)	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10	(a)
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10	(b)
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10	(c)

Additional Comments: Is there anything you want to add that we haven't covered in regards to how you feel about your overall health and wellbeing?

Example of completed questionnaire:

Safe: All young people should be protected from abuse, neglect and harm, in their homes, schools, and communities.	Rate the question on a scale of: 0 = not at all to 10 = very much	Give reasons for your rating
Do you have: (1) People who keep you safe (i.e. people you can trust, and/or would help you if you were in danger)?	(a) At Home? 0 1 2 3 4 5 6 7 8 9 10 <div style="text-align: center;">○</div>	(a) My mum, brother and granddad keep me safe. To move up the scale my step-dad would stop causing fights when he is home.
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10 <div style="text-align: center;">○</div>	(b) I can always go to my key worker if I feel I need help or need to talk to someone. I can confide in Steve when I need to.
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10 <div style="text-align: center;">○</div>	(c) I get into fights often in my local community because of the gangs. I have Jamie and Dave to help me when we get into fights with other gangs. To move up the scale I would need to stay in more or try and avoid other gangs.
Do you have: (2) Places where you feel safe? (e.g. where you feel protected from harm and feel comfortable/'at ease' in your surroundings)?	(a) At Home 0 1 2 3 4 5 6 7 8 9 10 <div style="text-align: center;">○</div>	(a) My room when things get too much with my parents or I go to my Granddad's. If my step-dad stopped coming round and they stopped fighting, I would feel safer in the house.
	(b) In Education/Work/Training? 0 1 2 3 4 5 6 7 8 9 10 <div style="text-align: center;">○</div>	(b) I feel safe at the Youth club where I can hang out with my friends without worrying about getting into fights. It has drums, games and some good activities that I enjoy.
	(c) In the Community? 0 1 2 3 4 5 6 7 8 9 10 <div style="text-align: center;">○</div>	(c) Dave's house when we need to get away from other gangs. I would feel safer if we had a place to go together where we wouldn't run the risk of bumping into neighbouring gangs.