

Wellbeing: Improving Outcomes

Our wellbeing is influenced by everything around us and the different experiences and needs we have at different times in our lives.

In Scotland, wellbeing is defined by eight indicators. This is so everyone has the same understanding of what wellbeing means. The indicators are: Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included (SHANARRI). For further information, please see the Scottish Government information on GIRFEC for children, young people and families (www.gov.scot/Topics/People/Young-People/gettingitright/what-is-girfec/children-and-young-people) or the GIRFEC wellbeing page on the Young Scots website (www.wellbeingforyoungscots.org), which was developed by young people for young people. More recently, the importance that hope for the future has in improving wellbeing and outcomes has been highlighted.

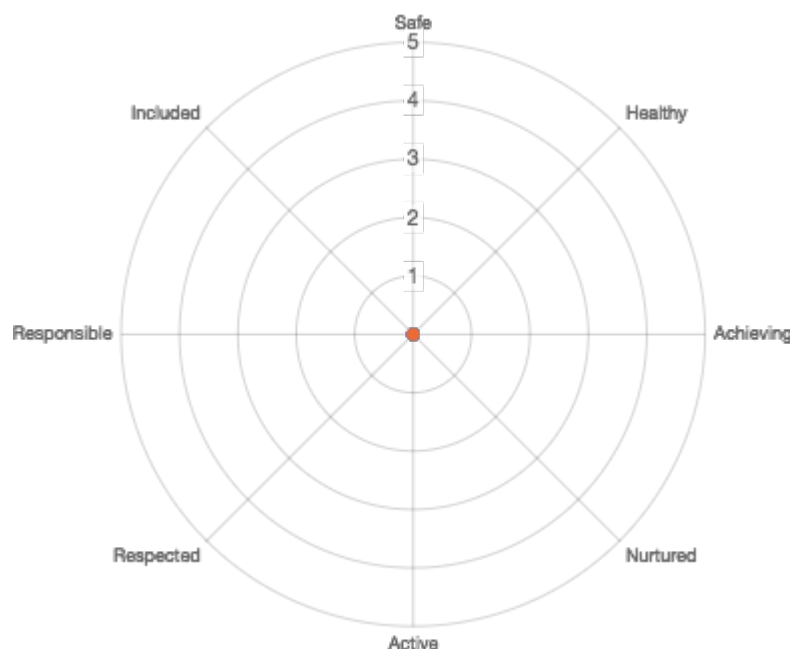
ID Code

Date of Assessment

Assessment#

Filled by

Child / Young Person



The following assessment will ask about each of the SHANARRI wellbeing areas.

There are no right or wrong answers, it is about what you think.

Please plot your rating for each question on the 'spidergram' above and draw a line between each point.

1 = Not at all 😞

5 = Very 😊

1 - Safe

Overall on a scale of 1-5 how safe do you think you are at the moment?

You might want to think about whether you are safe:

- Where you stay
- When in school / learning / work
- In your spare time
- With your friends
- With other young people
- With family / carers
- With adults around you
- On-line and on social media

If you would like to say anything about your rating you can do here:

2 - Healthy

Overall on a scale of 1-5 how healthy do you think you are at the moment?

You might want to think about your:

- Eating habits
- Activity levels
- Self-care levels
- Physical health
- Feelings
- Mental health
- Sexual health

If you would like to say anything about your rating you can do here:

3 - Achieving

Overall on a scale of 1-5 how well do you think you are achieving at the moment?

You might want to think about achievements such as:

- In school / learning / work
- In activities / interests
- Where you stay
- In services you are working with
- With friends
- Within yourself

If you would like to say anything about your rating you can do here:

4 - Nurtured

Overall on a scale of 1-5 how nurtured do you think you are at the moment?

You might want to think about whether you:

- Have a warm, clean place to stay with the food you need
- Have people who support you
- Get praise and encouragement
- Have people who respect you
- Are listened to when upset or worried
- Have people you can trust
- Are given warmth and love from trusted adults

If you would like to say anything about your rating you can do here:

5 - Active

Overall on a scale of 1-5 how active do you think you are at the moment?

You might want to think about whether you:

- Spend time exercising / keeping fit / going to the gym
- Take part in interests / hobbies
- Spend time doing things with friends
- Spend time doing things with family / carers
- Are encouraged to take part in activities

If you would like to say anything about your rating you can do here:

6 - Respected

Overall on a scale of 1-5 how respected do you think you are at the moment?

You might want to think about whether you:

- Have your views listened to
- Have people around you who trust you
- Are treated fairly
- Have people around you who are kind to you
- Have choice about how to spend your time
- Are involved in decisions that affect you
- Have your own space

If you would like to say anything about your rating you can do here:

7 - Responsible

Overall on a scale of 1-5 how responsible do you think you are at the moment?

You might want to think about whether you:

- Understand the difference between right and wrong
- Make good decisions and don't put yourself at risk
- Let people know where you are and when you will be back
- Look after property
- Look after other people
- Take responsibility for your own actions
- Engage with help and support when needed

If you would like to say anything about your rating you can do here:

8 - Included

Overall on a scale of 1-5 how included do you think you are at the moment?

You might want to think about whether you:

- Have friends who treat you well
- Are engaged in school / learning / work
- Take part in activities where you live
- Are accepted for who you are
- Feel part of the place you live
- Have enough money to buy things you need

If you would like to say anything about your rating you can do here:

9 - Hope

What are your hopes for the future and next steps?

You might want to think about whether you:

- Are hopeful of having improved wellbeing (SHANARRI)
- Have clear goals for your future
- Are motivated to achieve your goals
- Have the support needed to work towards your goals
- Engage in support to help you achieve your goals
- Are encouraged to grow your personal dreams

Comments:
