

Achieving means that

- You are learning new skills in school
- You are confident that you can do well
- You do the best you can
- You have hobbies and interests that help you learn new skills
- The adults in your life encourage you to do your best
- If you are struggling with your prep someone can help you with it
- You get the help you need to do well in school

Feeling Respected means that

- You feel that people listen to you before they make decisions which affect you
- You are involved in making decisions about your life
- If you need it, you have help to tell people about your views and decisions

Feeling Nurtured means that

You feel cared for and supported by the people who look after you.

- Where you live is clean and warm
- You have people who listen when you want to tell them about the things you need, like or dislike
- You are learning to look after yourself and make decisions that affect your life

Feeling Safe means that

- you feel protected from harm within your home and school
- The people who care for you teach you how to protect yourself from harm
- you are not scared when you go out and about
- you know when things are risky and try to stay away from danger
- The people who care for you know who you are with and where you are when you go out.

Being Healthy means that

- You have healthy food to eat most of the time
- You exercise a lot
- You get the chance to spent time outside
- The people who look after you make sure you get help when you feel ill
- You enjoy life
- You feel able to deal with difficult things that might happen in your life

Being Responsible means that

- You listen to other people and try to understand their point of view
- You know the difference between right & wrong
- You can manage your behavior
- You are caring and helpful
- Adults trust you to follow their instructions
- You are able to follow rules at school and home
- you know what is expected of you and why
- Adults in your life behave in a way that sets a good example

Being Active means that

- You do things for fun in your spare time.
- You have the chance to take part in leisure and sport activities
- The adults in your life help you find ways to do things that interest you in your spare time.

Being Included means that

- You feel that you belong when you are with your friends, family and in school
- You are able to take part in activities which let you be with people that you need in your life
- You get to meet lots of different people
- You feel that other people want you around

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