

# MY SAFETY & SUPPORT TOOL

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A shared conversation between children, young people, families and professionals

**Co-produced by  
the voices of  
over 500  
children and  
families**

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*"We want people to do it because they genuinely care and genuinely want change."*

- Young Person

**CONVERSATION, NOT CATEGORISATION**

# INTRODUCTION

This tool is here to support open, honest conversations about what life feels like right now, for you.

It is not a test, a checklist, or a way of judging anyone.

Instead, it helps us understand:

- What's going well
- What's feeling difficult
- What might help next

# THIS IS A CONVERSATION, NOT A SCORE

You don't have to fit into a box. Things change and that's okay.

We use this to talk with you, not to decide things about or without you.

This tool has been co-created with children, young people and families, based on real experiences of support, pressure and change.

We will use this together to understand your world, and decide what support feels right.

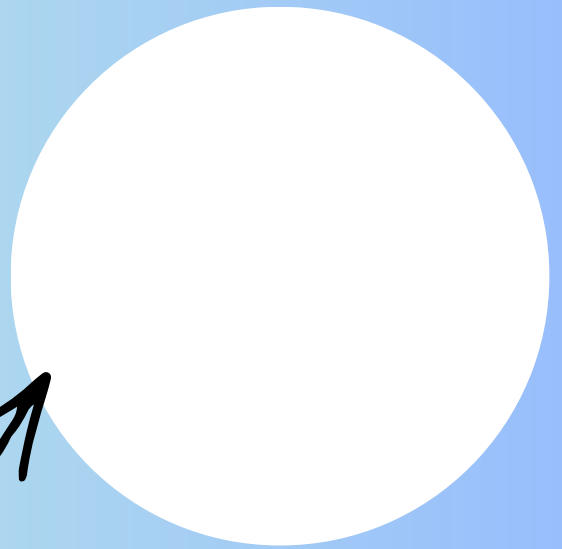
# WHY THIS CONVERSATION IS HAPPENING

- 1** We're here to check in and talk about how things are going in your world.
- 2** Together, we can understand what's important to you and what you need.
- 3** We'll discuss how to help you and/or how to keep you safe.

# MEET YOUR WORKER



Draw me



My name is: \_\_\_\_\_

My role is: \_\_\_\_\_

I will try to: \_\_\_\_\_

I might not always get things right. So, if something doesn't feel right, you can tell me by:

\_\_\_\_\_

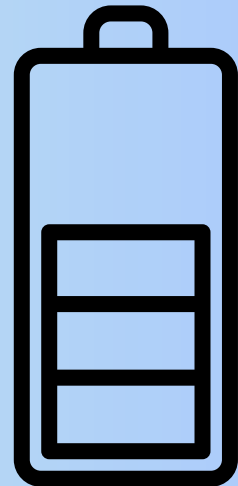
\_\_\_\_\_

If you need to raise any worries, you can do so by:

\_\_\_\_\_

# MY SUPPORT BATTERY

*What is it and why does it matter?*



Let's talk about the support around you.

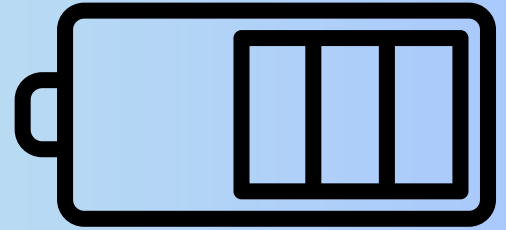
These could be people, places, or things that help when life feels difficult.

There's no right or wrong answer, we're just trying to understand what support feels like for you right now.

You don't have to pick one box, things can feel mixed or change day to day.

# MY SUPPORT BATTERY

## *How to use the tool*



Over the next few pages, you'll see some batteries and prompts to help guide our conversation.

The battery is a simple way to show how things feel for you right now, your energy, your support, or your sense of safety.

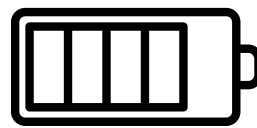
Sometimes your battery might feel full, like things are going well.

Other times it might feel low, like things are harder.

There's no right or wrong answer, and you don't have to fit into one box. Things can feel mixed or change day to day.

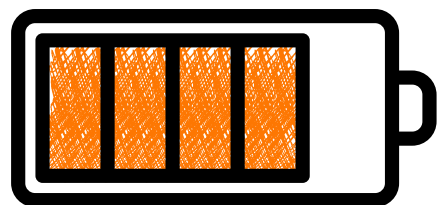
The prompts are there to help us talk together about what's going on and what might help.

You can colour in the battery that feels closest to how things are right now, or somewhere in between.



### **SUPERCHARGED**

- My world feels strong and supported.
- Things around me are working well.
- I can cope with challenges when they come up.



*Like this*



*Or this!*

**There's no right answers.**

# MY RIGHTS

1

I have the right to ask questions.

2

I have the right to take my time and slow things down.

3

I have the right to understand what's happening and why.

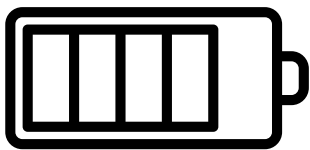
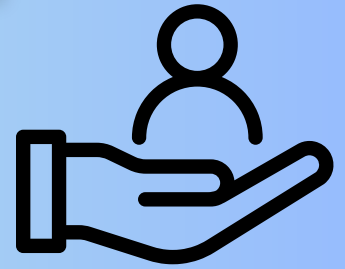
4

I have the right to share my views, and for them to be listened to.

5

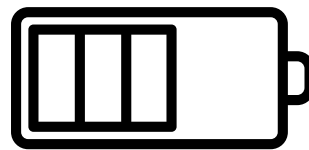
I have the right to say if something doesn't feel right.

# MY SUPPORT BATTERY



## SUPERCHARGED

- Things feel strong and supported right now.
- Support around me is working well.
- I feel able to cope when challenges come up.



## CHARGED BUT TAKES EFFORT

- Things are mostly okay, but it can take effort to keep going.
- Some things feel harder than they should be.
- I might need a bit more support to stop things getting tougher.



## LOW – RUNNING LOW ON SUPPORT

- Things feel heavy or tiring at times.
- I'm coping, but it doesn't always feel easy.
- Some support could make things feel more manageable.



## EMPTY - NEED HELP NOW

- Things feel overwhelming right now.
- It's hard to keep going without more help.
- I need support and change to feel safer and steadier.

Tell me more about what makes it feel like this.

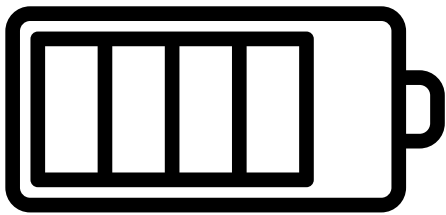
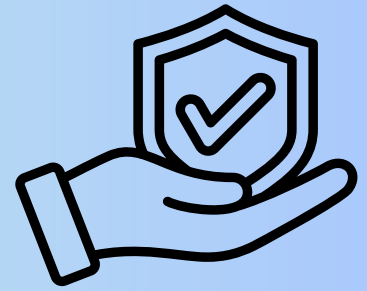
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# MINI CONVERSATIONS

*Each one helps us focus on a different part of your world and understand what support might help.*

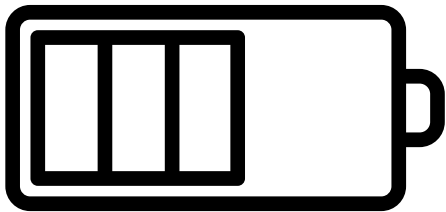
You don't have to complete everything — we can focus on what matters most today.

# MY SAFETY BATTERY



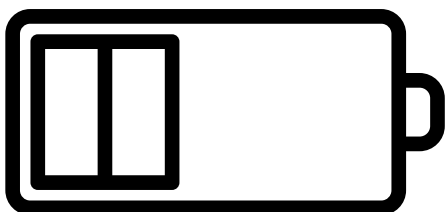
## SUPERCHARGED

- I feel safe most of the time.
- The adults around me notice when something isn't right.
- I feel protected and supported.



## CHARGED BUT SOMETIMES WORRIED

- I usually feel safe, but some things worry me.
- There are times when I feel unsure or on edge.
- I'm not always sure who would step in to help.



## LOW – FEELING UNSURE OR UNSETTLED

- I often feel worried or unsettled.
- Some people, places or situations don't feel safe.
- I can feel on alert a lot of the time.

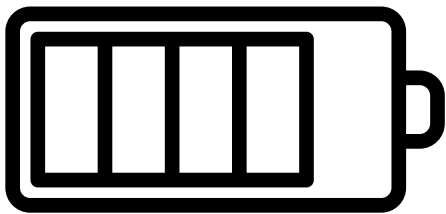
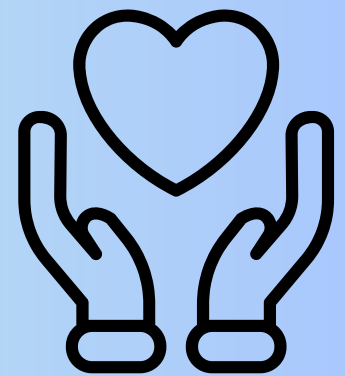


## EMPTY - NEEDS SAFETY NOW

- I feel unsafe or frightened.
- I don't feel protected right now.
- I need support and change to feel safe.

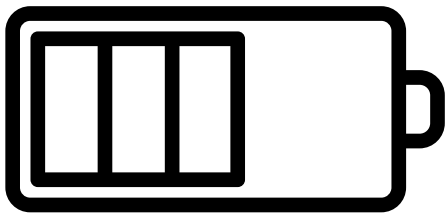
Can you tell me more about when you feel most safe  
— and when you don't?

# MY CARE & CONNECTION BATTERY



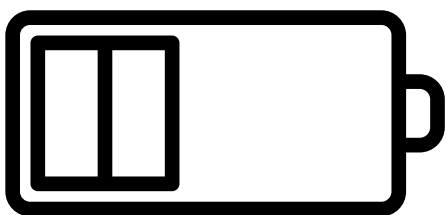
## SUPERCHARGED

- I feel cared about and noticed.
- There are adults I trust and can talk to.
- I don't feel alone.



## CHARGED BUT NOT ALWAYS CONSISTENT

- There are people around, but they're not always available.
- Sometimes I feel noticed, sometimes I don't.
- Support can feel a bit up and down.



## LOW - FEELING OVERLOOKED AT TIMES

- I can feel overlooked or not fully seen.
- I'm not always sure who to turn to.
- I sometimes keep things to myself.

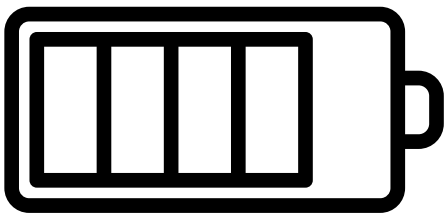


## EMPTY - NEEDS CONNECTION NOW

- I feel alone or not noticed.
- It doesn't always feel like anyone is checking in on me.
- I need someone to notice and support me.

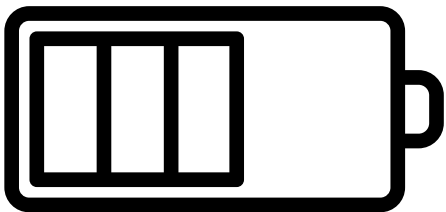
Who are the people that make you feel most noticed or cared about?

# MY TRUSTED ADULTS BATTERY



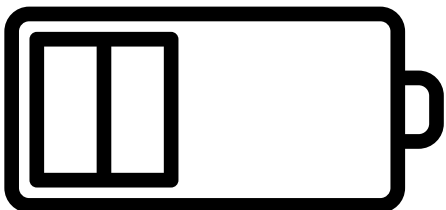
## SUPERCHARGED

- The adults in my world are coping well.
- They have support when they need it.
- That helps me feel safe and okay.



## CHARGED BUT UNDER PRESSURE

- The adults in my world are managing, but things can be hard.
- Support is there sometimes, but not always.
- I can notice when things feel stressful.



## LOW - ADULTS FEEL OVERWHELMED AT TIMES

- The adults in my world can feel overwhelmed.
- It's not always easy for them to get the help they need.
- This can affect how things feel for me.

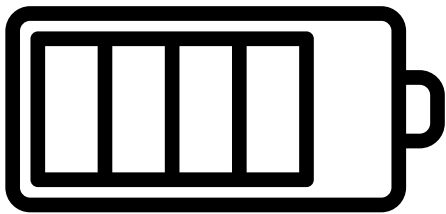


## EMPTY - SUPPORT NEEDED AROUND ME

- The adults in my world are struggling right now.
- They don't always have the support they need.
- This can make things feel unsettled or uncertain for me.

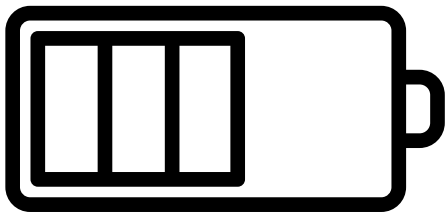
Who are the adults you feel most comfortable with?  
What helps the adults around you when things are hard?

# MY PRESSURE BATTERY



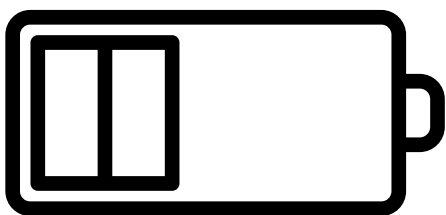
## SUPERCHARGED

- Pressure feels manageable most of the time.
- When things go wrong, there's space and support to sort them.
- Problems don't tend to build up.



## CHARGED BUT BUILDING

- Some pressure is starting to build.
- It takes effort to stay on top of things.
- Small problems can hang around or begin to stack up.



## LOW – LOTS OF PRESSURE AT ONCE

- There are lots of pressures happening at the same time.
- Things can stack up quickly.
- It can feel hard to catch a break.



## EMPTY - PRESSURE FEELS TOO MUCH

- Pressure feels overwhelming right now.
- Things may feel like they're building or getting harder to manage.
- I need support to help things feel more under control.

What's putting the most pressure on things right now? (This could be anything — home, school, money, health, or services.)

# WHAT WOULD HELP YOU?

What would help things feel a bit better?

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Who could help?

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What small, everyday changes can we make together?

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# ANY QUESTIONS OR CONCERNS?

*This is your space to ask anything, or  
share any ideas, worries or feedback.*

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# NEXT STEPS

This is what we talked about...

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These are our next steps and who is responsible...

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We will chat again on...

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# WHO TO TALK TO & WHO CAN HELP AND SUPPORT

These are the people you can go to for support and extra help:

Name	Role	Contact Details

# MORE RESOURCES

## The Language Charter

A shared agreement for clear, kind, human communication across North West services.

Making sure how we talk to young people and families is consistent and easy to understand.

[Read it here](#)

