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| **Questions** | **Responses** | **Notes** |
| **Waking up in the morning**   * Who or what helps me get up in the morning? * What time do I normally get up? * Do I have to get anyone else up? * Is there anyone else up when I get up? * Are my mornings the same or is it different every day? * Please describe what a usual morning looks like where I live? |  |  |
| **Breakfast**   * Do I eat breakfast in the morning? What do I like to have? Is it the same every day or different? * Do I need to make breakfast for other people? * Do I eat my breakfast with others or by myself? * Tell us about the best part of your morning routine? |  |  |
| **Dressing**   * Do I have enough clothes? Are they clean, the right size for me, right for the weather? * Do I know how to look after myself, i.e. washing and brushing teeth etc? * What are the best things you see about yourself when you look in the mirror? |  |  |
| **Getting to Education, Training or Employment**   * Do I go to school, college, training or work? How far away is it? How do I get there? * Do I need to take anyone else to school i.e. younger siblings? * Do I usually arrive on time or am I late? |  |  |
| **In Education, Training or Employment**   * What are the best things about my education training or |  |  |
| **Questions** | **Responses** | **Notes** |
| **In Education, Training or Employment continued**  employment (ETE)?   * Do I have any friends there? Do I hang out with them in breaks/free time? * Do I have lunch – canteen food or packed lunch? * Can I speak to someone if I am worried? Who is this person? * Do I see anyone for help at ETE –Learning Assistant, counsellor, support worker etc? What is the best thing about the help they give me? * Have I ever been bullied? |  |  |
| **After Education, Training or Employment**   * How do I get home? * Do I want to go home, or do I avoid going home? Why is this? * Do I go home, or do I go to friends’ houses or hang out somewhere else? * Does anyone meet me and take me home? * Is there anyone at home? * Do I watch TV and if so, is what I watch ok for my age? * Do I have coursework to do and does anyone help me with it? Does anyone check that I have done it? * Do I have to look after anyone else? Do I need to get food for anyone else? * Is there food available? Does anyone help me get some food? |  |  |
| **Evenings**   * Do I have a dinner in the evening and what time is this? * Who makes the food? What do I eat? * Who do I eat with? Where in the house do I eat? * Is there anyone I can tell if I am hungry, and do they get food for me? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Evenings continued**   * Do I go out in the evening and if so, who do I go out with? Where   do I go and what I do there?   * Do I have to be home by a set time, what would my carers do if I did not return on time or at all? * Does the people who look after me know who I hang out with? * What do the people who look after me do in the evenings, and do I spend time with them? * Do we spend time together or do our own things? * What do you do together that you enjoy the most? |  |  |
| **My Health and Development**   * Who helps me keep healthy? * What happens when I am feeling unwell? Who helps you? * Does someone stay with you when you are ill can cannot go to school/college? * Do I have access to a doctor or dentist? * Do the people who care for you take you to appointments when you need to go? dentist, doctor? * Do I have complex health needs? * Are my development needs being met? |  |  |
| **Bedtime**   * Do I go to bed at the same time every night? * Who decides when it is bedtime? * Where do I sleep? * Do I like where I sleep? * Who else is in the house at night-time? * Do I have to look after anyone else at bedtime? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Bedtime continued**   * Do I have my own room, or do I share with others? * Do I have what I need in my room (bed, curtains, warm floors,   my own things I like)? |  |  |
| **School Holidays / Weekends**   * What do I do in school holidays, weekends and free time? * Do I have to look after anyone? * Do have chores / jobs to do? If so, what are they? * Is there anyone else that looks after me during the holidays? * If left on my own, how long is this for, and how often? * Do the people who look after me know what I do during the day and who I am with? * Do my carers look after me during the holidays or are they at work? * What do my friends like doing? * What are my favourite hobbies of things to do in my free time? * If I get free school meals during the term, what happens in the holidays? * Is there food to eat at home? * Is there someone around to help make food and supervise mealtimes? * Do I have my own money? Where do I get it? * Do I have a job to earn money? * Do I seem to have more money / things than I would be able to afford by myself? * Do I use the internet or social media?   + What device do I use – laptop / tablet / phone? * Does anyone check what I am doing on the internet / are there any parent controls? * What sites do I visit online and what do I do? * Do I chat online or share any information or pictures? What do I talk about? |  |  |
| **Questions** | **Responses** | **Notes** |
| **School Holidays / Weekends continued**   * Do I play games on a console? Do I play online / ‘live’ games? |  |  |
| **Relationships**   * Who are the most important people in my life and why? What is my favourite thing about these people? * What is the best thing that the people that care for me do? * If I had any worries or good news who would be the people I could talk too? * Who are the people who visit my house or around the most and why? * Do I spend lots of time in other people’s houses / sleep elsewhere? * Do I have a girlfriend / boyfriend? Do they make me happy? * Are they the same age as me or older / younger? Where did I meet them? Where do I go with them? |  |  |

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