# Oxfordshire County Council Logo Oxfordshire Safeguading Children Board Website

# Day in my Life: Adolescent

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| **Questions**  | **Responses**  | **Notes**  |
| Waking up in the morning1. Do I use an alarm to get up?
2. What time do I normally get up?
3. Do I have to get anyone else up?
4. Is there anyone else up when I get up?
5. Are my mornings consistent or is it different every day?
6. Do I get up in time for school, study or work?
7. What do my worst mornings look like? Or my best?
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| Breakfast1. Do I eat breakfast in the morning? What do I like to have? Is it the same every day or different?
2. Do I need to make breakfast for other people?
3. Do I eat my breakfast with others or by myself?
4. What about other meals in the day? Do I need to prepare packed lunch or money in the morning? Do I always remember to do this?
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| **Questions**  | **Responses**  | **Notes**  |
| Dressing 1. Do I have enough clothes? Are they clean, the right size for me, right for the weather?
2. Do I understand the importance of and know how to look after myself, e.g., washing, looking after my hair, brushing teeth etc.?
3. Am I happy with the clothes I am wearing?
4. Do I have a broadly positive body image?
5. Do I think I look ok?
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| Getting to education, employment, or training 1. Do I go to school, college, training, or work?
2. How far away is it?
3. How do I get there?
4. Do I need to look after anyone like a parent or sibling, including taking them to school?
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| During the day (in education, employment or training)1. Do I like my job, learning, course, training?
2. Do I have any friends there? Do I hang out with them in breaks/ free time?
3. Do I have lunch – canteen food or packed lunch?
4. Do I have a trusted adult I can talk to about concerns, like a teacher, boss, foreman etc.?
5. Does anyone else provide support, like a counsellor, trade union representative etc.?
6. Do I feel safe at my learning or work?

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| **Questions**  | **Responses**  | **Notes**  |
| After my education, employment or training1. How do I get home?
2. Do I want to go home, or do I avoid going home?
3. Do I go home, or do I go to friends’ houses or hang out somewhere else?
4. Does anyone meet me and take me home?
5. Is there anyone at home?
6. Do I watch TV, or use the internet (including my phone) and if so, is what I watch or do online OK for my age?
7. Do I have coursework or homework to do and does anyone help me with it? Does anyone check that I have done it?
8. Do I have to look after anyone else? Do I need to get food for anyone else?
9. Is there food available? Does anyone help me get some food?
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| Evenings1. Do I have dinner in the evening, at what time?
2. Who makes the food? What do I eat?
3. Do I eat with others, at the table, or by myself?
4. Is there anyone I can tell if I am hungry, and do they provide food for me?
5. Do I go out in the evening? If so who do I go out with? Where do I go and what I do there?
6. 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?
7. Does my carer know who I hang out with?
8. What do I do with my family in the evenings? What do my carers do?
9. Do we spend time together or do our own things?
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| **Questions**  | **Responses**  | **Notes**  |
| Bed time1. Do I go to bed at the same time every night?
2. Who decides when it is bedtime?
3. Where do I sleep?
4. Do I like where I sleep?
5. Who else is in the house at night-time?
6. Do I have to look after anyone else at bedtime?
7. Do I have my own room, or do I share with others?
8. Do I have what I need in my room (bed, curtains, warmth, privacy)?
9. Do I keep devices put away or out of my sleeping space?
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| School holidays/ weekends1. What do I do in school holidays, weekends and free time?
2. Do I have to look after anyone?
3. Do have chores / jobs to do? If so, what are they?
4. Do my carers look after me during the holidays or are they at work?
5. If I am left unsupervised, how long for?
6. Do my carers know what I do during the day and who I am with?
7. Do I have friends to spend time with? Do my carers know them? Where do I know them from? Are they the same age as me?
8. What do my friends like doing?
9. Do I have any hobbies?
10. If I get free school meals during the term, what happens in the holidays?
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| **Questions**  | **Responses**  | **Notes**  |
| School holidays/ weekends (continued)1. Is there food to eat at home?
2. Is there someone around to help make food and supervise mealtimes?
3. Do I have my own money? Where do I get it?
4. Do I have a job to earn money?
5. Do I seem to have more money / things than I would be able to afford by myself?
6. Do I use the internet or social networking sites? Am I happy about my use of the internet and social networking sites?
7. What devices do I use – laptop / tablet / phone? Do I seem to have more devices than expected?
8. Does anyone check what I am doing on the internet / are there any parent controls? Are these too restrictive or permissive for my age and stage?
9. What sites do I visit online and what do I do? Is my online or digital activity causing me stress?
10. Do I share information or pictures online in a risky way, or expose me/my family to risk with my online activity?
11. Do I game during my leisure time? Is my gaming fun, not taking up too much time, leaving me relaxed and happy?
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| Relationships1. What are my relationships like with my family and friends? Do I have lots of friends or just a few?
2. Do I get on ok with my parents /carers? What about my siblings? If I do not get on with them is there anyone else that I talk to or spend time with?
3. Who else is close to the family / around a lot?
4. Do I spend lots of time in other people’s houses / sleep elsewhere?
5. 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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| Identity1. Do I have unanswered questions about my identity, or risks in my family or contacts I am being protected from?
2. Do I have questions about my sexuality or gender identity that are causing me stress or concern?
3. Do I seem isolated from others?
4. Am I associating with adults or young people who may expose me to risk?
5. Am I taking responsibility for my own health and wellbeing, including mental health?

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Question list can be edited, extended, or reduced to suit family circumstances.

This version prepared December 2023

Oxfordshire Family Solutions