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DEVELOPMENT

PARENTS

ENVIRONMENT

What is important for my family? And how is it going?			I feel confident	Some day's are hard	I'm struggling	Help!	I feel helpless
DEVELOPMENT	 Health	I feel healthy and am rarely sick. I eat healthy, get enough sleep, play outside, exercise, and avoid alcohol, smoking, vaping, and drugs.					
	 School	I am doing well at school or work. I am learning new things and am becoming more independent. I go to school or work prepared.					
	 Feelings	I feel good and confident. I am able to share what I think and feel, and I understand how others feel.					
	 Interaction with others	I have (online) friends and am considerate of others. I can stand up for myself if someone bullies me, and can talk out disagreements.					
	 Sexual development	I feel comfortable with myself and my (changing) body. I am exploring who I am attracted to and what I like.					
PARENTS	 Health of your parents	My parents feel good and are healthy. They regularly tell me how they are doing.					
	 Bond with your parents	I have a good bond with my parents. They love me and are there for me when I need them.					
	 How are things at home?	Things are good at home. I am comfortable there, we are kind to each other, and my parents help each other out.					
	 Support from your parents	My parents support me and listen to me. They stimulate me to be responsible, and I know who I can turn to when I need help.					
	 Care & Safety	My parents take good care of me. We have enough food and clothes, and our home is clean and warm. I feel safe.					
ENVIRONMENT	 Family, Faith & Culture	My family is doing well. We are healthy and communicate openly about the things that are important to us.					
	 Work, Money & Housing	We have jobs, enough savings, and live in a safe and pleasant home and neighborhood.					
	 Life events	I am able to share both good and challenging experiences. I feel comfortable asking for help and I know where to find it.					
	 Support from others	My family receives enough support when it is needed. We can rely on family, friends, neighbours, school, clubs, and professionals.					
	 Free time & Media use	I can enjoy fun activities and relax in my free time. I know how to manage the time I spend on the phone, watching TV, and gaming.					
What do I need now?			Confirmation	Advice	Extra support	Immediate support	A lot of support