

Day In My Life: Adolescent

| Questions | Responses | Notes |
|---|-----------|-------|
| <p>Waking Up In The Morning</p> <ol style="list-style-type: none"> 1. 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 the same or is it different every day? | | |
| <p>Breakfast</p> <ol style="list-style-type: none"> 1. 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? | | |
| <p>Dressing</p> <ol style="list-style-type: none"> 1. Do I have enough clothes? Are they clean, the right size for me, right for the weather? 2. Do I know how to look after myself, e.g. washing and brushing teeth etc? 3. Do I have a positive body image? Do I think I look ok? | | |
| <p>Getting to Education, Training or Employment</p> <ol style="list-style-type: none"> 1. Do I go to school, college, training, or work? How far away is it? How do I get there? 2. Do I need to take anyone else to school i.e. younger siblings? 3. Do I tend to arrive on time or am I late? | | |

Day In My Life: Adolescent

| Questions | Responses | Notes |
|--|-----------|-------|
| <p>In Education, Training or Employment</p> <ol style="list-style-type: none"> 1. Do I like ETE? 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 favourite teacher or someone I like to talk to? 5. Do I see anyone for help at ETE – ELSA, counsellor, support worker etc? 6. Have I ever been bullied? | | |
| <p>After Education, Training or Employment</p> <ol style="list-style-type: none"> 1. 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 and if so, is what I watch ok for my age? 7. Do I have coursework 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? | | |

Day In My Life: Adolescent

| Questions | Responses | Notes |
|---|-----------|-------|
| <p>Evenings</p> <ol style="list-style-type: none"> 1. Do I have a dinner in the evening and what time is this? 2. Who makes the food? What do I eat? 3. Do I eat with others, and at the table, or do I eat 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 and 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? | | |
| <p>Bedtime</p> <ol style="list-style-type: none"> 1. 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, warm floors)? | | |

Day In My Life: Adolescent

| Questions | Responses | Notes |
|--|-----------|-------|
| <p>School Holidays/Weekends</p> <ol style="list-style-type: none"> 1. 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 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? 11. Is there food to eat at home? 12. Is there someone around to help make food and supervise mealtimes? 13. Do I have my own money? Where do I get it? 14. Do I have a job to earn money? 15. Do I seem to have more money / things than I would be able to afford by myself? 16. Do I use the internet or social networking sites? What device do I use – laptop / tablet / phone? 17. Does anyone check what I am doing on the internet / are there any parent controls? 18. What sites do I visit online and what do I do? 19. Do I chat online or share any information or pictures? What do I talk about? 20. Do I play games on a console? Do I play online / 'live' games? | | |

Day In My Life: Adolescent

| Questions | Responses | Notes |
|---|-----------|-------|
| <p>Relationships</p> <ol style="list-style-type: none">1. 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? | | |