

Hello! I'm Koala and I have a social worker just like you. My social worker, Panda, is very good at listening and knows what's important to me.

This booklet is to help you share your feelings. We can complete it together!



What's your name?

How old are you?

What makes you feel happy?



What makes you feel sad?



What makes you feel angry?



What makes you feel frightened?





It's important to have a grown up to talk to if you have worries or a problem.



Do you have a grown up to talk to about worries your?

☐ Always ☐ Sometimes ☐ Not often ☐ Never

Who can you talk to?

Who are the grown ups who help you and how do they help you?



Sometimes it's important for grown ups to sit down together in a meeting.



The grown ups will want to talk about you and make things better for you.



Which grown ups would you want at a meeting about you and your family?



What would you want to tell everyone at the meeting?





It's important that children feel safe.





What helps you feel safe?

Do you feel safe at school?

☐ Always ☐ Sometimes ☐ Not often ☐ Never

Why?

Do you feel safe at home?

☐ Always ☐ Sometimes ☐ Not often ☐ Never

Why?

Do you feel safe at outside?

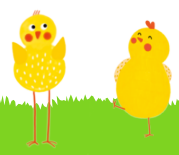
☐ Always ☐ Sometimes ☐ Not often ☐ Never

Why?















Thank you for sharing your feelings with me.

If there is anything else you'd like to share please write it here.

Data Protection

Under the data protection act we have a duty to keep safe any information we collect from you. We keep your information as long as its needed to help you. You can find out more by reading our child friendly private notice at www.essex.gov.uk/your-privacy

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This information is issued by:

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The information contained in this document can be translated and/or made available in different formats on request.

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SERIOUS ABOUT SOCIAL WORK

Essex County Council