

# Young person's Checklist, based on the 'Good Lives Model' and the GIRFEC SHANARRI wheel

## Having fun

Hobbies  
 Interests  
 Activities  
 Clubs  
 Being active

## Achieving

Being good at something  
 Improving and progressing  
 Having confidence and self-esteem  
 Feeling good about ourselves  
 Pride

## Being my own person

Independence, decision making  
 Ability to say yes and no  
 Rights and freedom  
 Opportunities to choose  
 Having a voice  
 Being respected

## Having people in my life

Real friends, family, boyfriends/girlfriends, role models  
 Reciprocal relationships. Safe online contacts  
 Being loved  
 Feeling loved. Giving love  
 Feeling nurtured and safe

## Having purpose and making a difference

Being included. Part of a school or a community.  
Having an important role.

Being responsible.

Having responsibility for something (work, volunteer, mentor, school prefect, group leader).

## Being safe

Free from abuse and harm.

Protection without over-protection. Ability to identify neglect; physical, emotional and sexual abuse; bullying; violence; coercive behaviour who to ask for help.

## Emotional health

Happiness. Feelings. Range of emotions.

Coping strategies. Resilience.

People to talk to in confidence.

## Sexual health

Receiving Relationship, Sexual Health & Parenthood Education in school.

Having a boyfriend/girlfriend/partner.

Being intimate.

Sexual orientation.

Having the skills and knowledge to make healthy choices and be safe.

## General health

Mobility. Pain. Discomfort. Inclusion.

Access to support and services.

Rights and freedom to make unhealthy choices and understand the risks.

Knowledge and skills to make healthy choices.