

Step 9

Tool 4: Wellbeing questionnaire

Purpose

This questionnaire is designed to be filled in by a pupil who has been identified as a young carer.

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Wellbeing questionnaire

Year group: _____

Your name: _____

Date of birth: _____

Today's date: _____

We are asking for your views so that we can find out more about how your caring responsibilities makes you feel, what support you may need/want from school and the difference this support could make to you.

Please tick to tell us how you feel about each of the things below on a scale of 1-5 (1 = strongly disagree; 5 = strongly agree)

	1	2	3	4	5
I feel my attendance at school is good					
I feel I arrive at school on time					
I feel I am able to complete my homework on time					
I feel I do well in my school and homework					
I feel I behave well at school					
I feel I have time for myself and to do hobbies					
I feel I am able to look after my own health, have a good diet and do exercise					
I feel I am able to make friends and get along well with other pupils/students					
I feel able to set goals for myself					
I feel able to manage my emotions					
I feel good about myself					
I feel confident					
I feel happy					
I feel that my school understands the caring that I do					
I feel that my school supports me as a young carer					
I feel that other children/young people at my school understand the caring I do					
I feel I am doing something good because I am a young carer					

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What support do you think would help you?

What support would you like from your school?

Any further comments you would like to make?

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