## **APPENDIX 4 – Domains- based Approach**

Social competencies are the characteristics and traits you have as a person and when with others. You have a sense of hope and feel you can do things.

**Green:** I am proud of who I am; I have a sense of hope and feel I can do some things.

Amber: I like who I am, I have some sense of hope: I feel I can do some things well.

Red: I don't really know who I am; I don't feel hopefully about the future and I don't think I can do anything well.

Having positive values usually means you are generally a helpful, caring, and responsible person. This can be helping others, comforting people when they are upset and sharing with others.

Green: I have a good sense of right and wrong and have good values. Amber: I sometimes know what's right and wrong and I have some good personal values.

Red: I struggle to know what's right and wrong; I'm not sure what my values are.

This is all about how secure you feel. It's about the bonds you have with your family and important people in your life. It's also about the places you feel safe.

**Green:** I have people I'm close to and trust; I also have many places I feel safe.

Amber: I have some people in my life I'm close to and trust; I have some places I feel safe.

Red: I have no one I'm close to or trust; I don't have any places I feel safe.

This is all about how you enjoy learning, taking opportunities to try new things and thinking about your future.

**Green:** I love learning new skills and have confidence in my school work.

Amber: I like learning new skills and have some confidence in my school work.

Red: I struggle with learning new things; I don't really like school and struggle with my

school work.

Friendships can be really positive. Having friends that make you feel good about yourself is important. Being a good friend is also important.

**Green:** I can make new friends easily; I have lots of friends who are positive influence.

Amber: I have a few friends; some of them have a positive influence.

Red: I have a few or no friends; some of them have a negative influence.

Talents and interests are the things you like doing in your free time. Things you are good at or enjoy. There could even be things you've never tried before but would like to try.

positive values

talents and

interests

Green: I have lots of hobbies and talents.

Amber: I have some hobbies and talents.

Red: I have no hobbies and talents.





