

The background is a solid red color, decorated with a pattern of white confetti. The confetti consists of small white dots and larger white circles of varying sizes, scattered across the entire surface. The text is centered in the middle of the page.

**FEELING  
SAFE AND  
WELL**

# WHAT IS THIS WORKBOOK FOR?

CAFADA is the Children and Families Affected by Domestic Abuse Project.

Our project is trying to find out how people who work at Children's Services help children when there has been hurting and fighting in a family.

We want to learn what things help and if there are other things that might help children.

As someone just starting with \*\*\*, we would like to invite you to complete a workbook. The workbook asks you some questions about your life. It asks about the support you have, your safety, your wellbeing, and your relationships.

We would like you to complete the same workbook two more times in the future – once you finish the \*\*\* and then a few months after that.

You do not have to take part, it's entirely up to you. Your decision won't affect your relationship with \*\*\*.

If you do decide to take part, you can change your mind. You can choose not to complete any future workbooks.

If you change your mind once you have completed the workbook let us know. If you tell us up to 2 weeks after you have completed it, we can remove your workbook from our work. You can tell \*\*\* or contact \*\*\*.



# CONSENT FORM

This form is to help make sure you have been given information about our project and had a chance to ask any questions. Please ask if there is anything you aren't sure about.

Please tick the box if you agree	
I have read the Information leaflet "Finding out about ****" about the project.	<input type="checkbox"/>
I have had the chance to ask any questions about taking part in the project.	<input type="checkbox"/>
I know that it is up to me whether I take part in the project.	<input type="checkbox"/>
I know this decision will not affect my relationship with ***.	<input type="checkbox"/>
I know I can change my decision about taking part.	<input type="checkbox"/>
If I change my mind about completing the workbook, I know I can tell the researchers to remove my workbook up to 2 weeks after I complete it. I know I don't have to give a reason for changing my mind.	<input type="checkbox"/>
After 2 weeks I understand that it might not be possible to remove my workbook because the report about the project will be written.	<input type="checkbox"/>
I know that what I say in the workbook will be kept confidential. This means that what I say will be used in reports, but my name will never be used in any reports. No one will be able to tell that I have taken part in this project.	<input type="checkbox"/>
I understand how the information I share will be used and stored.	<input type="checkbox"/>
I am happy to take part in this project.	<input type="checkbox"/>

Name:

Date:

Signature:



# HOW DO I FILL IN THIS WORKBOOK?



The workbook asks about 3 parts of your life:

1. How supported and safe you feel
2. Your wellbeing
3. Your relationships

There are different sentences about each of these. We want you to tell us how much you agree with each of the sentence. Tick the box that shows how much you agree with a sentence.

Here is an example of how to fill in the workbook:

	Strongly Disagree	Disagree	Not sure	Agree	Strongly Agree
I enjoy school.			✓		
I feel confident in new situations.				✓	

These answers would show:

I am not sure that 'I enjoy school'.

I agree that 'I feel confident in new situations'.

# IF YOU NEED HELP FILLING IN THE WORKBOOK

✓ You can talk to one of the \*\*\*\* about the workbook.

✓ You can contact \*\*\* who is carrying out the project at \*\*\*.



## PLEASE REMEMBER

✓ There are no wrong or right answers.

✓ You can skip any part of the workbook you don't want to answer.

# ABOUT YOU

How old are you?

What is your gender?



# Feeling safe and supported



We want to know more about the support and help you have. We want to know how safe you feel.

Please tell us how much you agree with the statements below.

	Strongly Disagree	Disagree	Not sure	Agree	Strongly Agree
I have everything I need (toys, things I need for school, clothes, food, a home).					
My mum and my brothers and sisters have the support they need from services and professionals.					
I feel involved in the decisions that are made about my life.					
I feel the people who help me listen to me.					
I feel supported at school.					
Me and my family have people that care about us (e.g. friends, neighbours, and wider family).					

Is there anything else you'd like to tell us or say about your answers above?





# Feeling safe and supported



We want to know more about the support and help you have. We want to know how safe you feel.

Please tell us how much you agree with the statements below.

	Strongly Disagree	Disagree	Not sure	Agree	Strongly Agree
I feel safe at home.					
I feel safe with the people I live with.					
I feel my mum and family are safe from domestic abuse or from the hurting in the family.					
I trust the people I live with.					
I see people in my family who make me feel unsafe.					
I feel safe at school.					

Is there anything else you'd like to tell us or say about your answers above?



# Wellbeing

We want to know more about how are feeling.

Please tell us how much you agree with the statements below.



	Strongly Disagree	Disagree	Not sure	Agree	Strongly Agree
I enjoy going to school.					
I have someone in my family I can talk to about my feelings.					
I feel good about myself.					
I feel physically well and sleep well.					
I feel calm and relaxed.					

Is there anything else you'd like to tell us or say about your answers above?



# Wellbeing

We want to know more about how are feeling.

Please tell us how much you agree with the statements below.



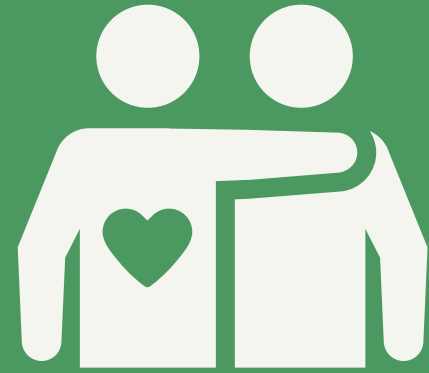
	Strongly Disagree	Disagree	Not sure	Agree	Strongly Agree
I look forward to things.					
I have a lot of worries.					
I worry about my mum.					
I worry about keeping others in my family safe.					
I get to do fun things and can enjoy myself.					

Is there anything else you'd like to tell us or say about your answers above?



# Relationships

We want to know more about how you feel about the people who are important in your life.



Please tell us how much you agree with the statements below.

	Strongly Disagree	Disagree	Not sure	Agree	Strongly Agree
My family look out for me during difficult times.					
I have friends I like and trust.					
My friends help me during difficult times.					
My mum knows important things about me (who my friends are, what I like to do).					
I am fairly treated in my family.					

Is there anything else you'd like to tell us or say about your answers above?




# AFTER THE WORKBOOK



THANK  
YOU

Thank you for completing this workbook. We really appreciate you sharing this information with us.



We hope that taking part has felt okay but we know thinking about personal stuff can sometimes be difficult. You might feel upset, or angry afterwards. Talking to someone that you trust can help.

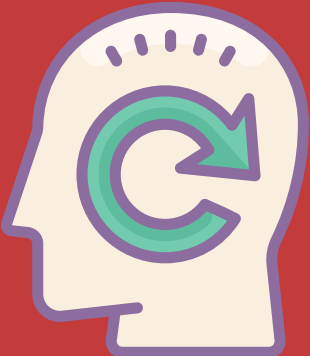
You could try talking to someone you trust like the person who cares for you or a support worker about how you are feeling.

You can also call \*\*\*\*.

This website has some useful information: \*\*\*



We won't use your name or any information that would identify you in our reports.



If you change your mind about taking part, you can have your information removed from the project.

Tell the \*\*\* or email \*\*\* within 2 weeks from completing this workbook.

We will then remove your information from the project.

If you email after the 2 weeks, it might be difficult to remove your information because we will have started to write our reports.

ONCE AGAIN ..



THANK  
YOU





Your \*\*\* will write a number in this box. This helps us keep your information confidential because we don't use your name.



**CAFADA**

Developing the evidence base for innovation in social care for children & families affected by domestic abuse

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It takes lots of people to make a project like this happen. The most important person is you! These are the organisations supporting the project.



Economic  
and Social  
Research Council

UNIVERSITY of  
**STIRLING**

