tight rope®

Cards for printing

1 Making decisions for myself	**2** Feeling ok in myself	**3** Health / Life	**4** Giving to others
5 Respect from others	**6** Doing well at something	**7** Culture and routines	**8** Feeling I belong
9 Being close to others	**10** Having fun	**11** Being creative	**12** Having enough information
13 Friendship	**14** Escape	**15** Loyalty	**16** Being active

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1

Making decisions for myself

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Values / Motives

2

Feeling ok in myself

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Values / Motives

3

Health / Life

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Values / Motives

4

Giving to others

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Values / Motives

5

Respect from others

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Values / Motives

6

Doing well at something

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Values / Motives

7

Culture and routines

tight rope®

Values / Motives

8

Feeling I belong

tight rope®

Values / Motives

9

Being close to others

tight rope®

Values / Motives

10 **Having fun**		12 **Having enough information**
tight rope®	Values / Motives	tight rope®	Values / Motives

10 **Having fun** tight rope®	Values / Motives	**Being creative** tight rope®	Values / Motives	12 **Having enough information** tight rope®	Values / Motives
13 **Friendship** tight rope®	Values / Motives	14 **Escape** tight rope®	Values / Motives	15 **Loyalty** tight rope®	Values / Motives
16 **Being active** tight rope®	Values / Motives	tight rope®	Values / Motives		Values / Motives

1 'Binge' or heavy drinking	**2** Smoke or take drugs	**3** Harm self	**4** Hurt others	**5** Carry or use weapons
6 Hateful actions				**7** Target vulnerable victim
8 Steal or take from others				**9** Take risks with other people
10 Sexually active while young	**tight rope®**			**11** Black out
12 Go missing	**13** Truant	**14** Homeless	**15** Not using help on offer	**16** Repeating same or similar actions

1

'Binge' or heavy drinking

tight rope®

Falling off

2

Smoke / take drugs

tight rope®

Falling off

3

Harm self

tight rope®

Falling off

4

Hurt others

tight rope®

Falling off

5

Carry or use weapons

tight rope®

Falling off

6

Hateful actions

tight rope®

Falling off

7

Target vulnerable victim

tight rope®

Falling off

8

Steal or take from others

tight rope®

Falling off

9

Take risks with other people

tight rope®

Falling off

10

Sexually active while young

tight rope®

Falling off

11

Black out

tight rope®

Falling off

12

Go missing

tight rope®

Falling off

13

Truant

tight rope®

Falling off

14

Homeless

tight rope®

Falling off

15

Not using help on offer

tight rope®

Falling off

16

Repeating same or similar actions

tight rope®

Falling off

tight rope®

Falling off

tight rope®

Falling off

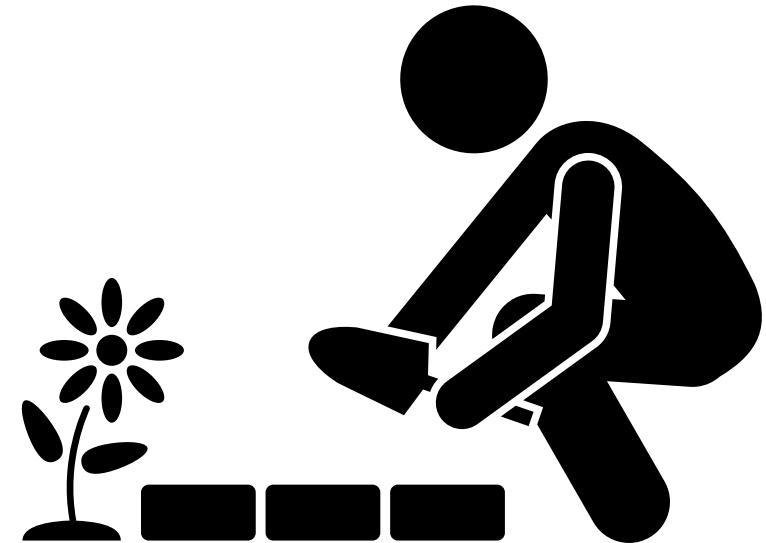|				
1 Long gap between 'bad' times	**2** Positive times at home	**3** Usually behave myself	**4** Help I've had	**5** Handled loads in my past
6 Finished school (or project)	**7** Certificates or qualifications	**8** Times worked or had a job	**9** Positive times at school	**10** Positive times with friends
11 Good memories	**12** Something proud of	**13** Praised for something		
14 Good choices I've made	**15** Admit when harmed	**16** Volunteered / charity work		

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1

Long gap between 'bad' times

tight rope®

Positive foundations

2

Positive times at home

tight rope®

Positive foundations

3

Usually behave myself

tight rope®

Positive foundations

4

Help I've had

tight rope®

Positive foundations

5

Handled loads in my past

tight rope®

Positive foundations

6

Finished school (or project)

tight rope®

Positive foundations

7

Certificates or qualifications

tight rope®

Positive foundations

8

Times worked or had a job

tight rope®

Positive foundations

9

Positive times at school

tight rope®

Positive foundations

10

Positive times with friends

tight rope®

Positive foundations

11

Good memories

tight rope®

Positive foundations

12

Something proud of

tight rope®

Positive foundations

13

Praised for something

tight rope®

Positive foundations

14

Good choices I've made

tight rope®

Positive foundations

15

Admit when harmed

tight rope®

Positive foundations

16

Volunteered / charity work
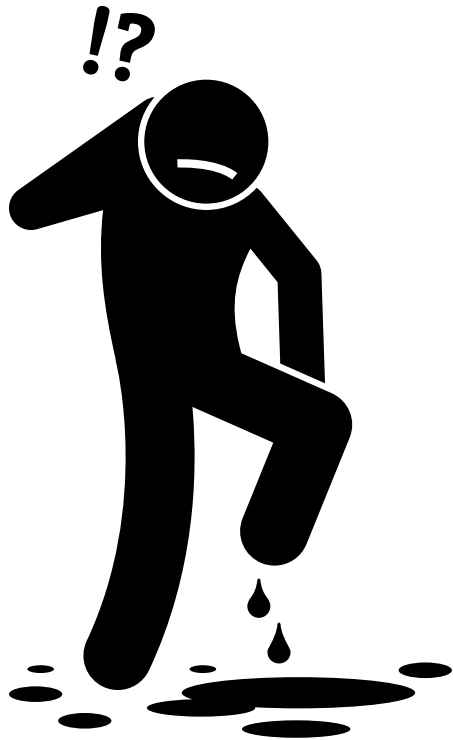
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Positive foundations

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tight rope®

Positive foundations

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Positive foundations

1 Lived in a poor area	**2** Did same as friends	**3** Did same as family	**4** Bullied / used
5 Too much pain	**6** Arguments with others	**7** Times anxious or low	**8** Struggled to like myself
9 Hurt by others	**10** Did what I want	**11** No help given	**12** School or study problems
13 Immaturity	**14** No money for basics	**15** Labelled	**16** Lost someone

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1

Lived in a poor area

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Past concerns

2

Did same as friends

tight rope®

Past concerns

3

Did same as family

tight rope®

Past concerns

4

Bullied / used

tight rope®

Past concerns

5

Too much pain

tight rope®

Past concerns

6

Arguments with others

tight rope®

Past concerns

7

Times anxious or low

tight rope®

Past concerns

8

Struggled to like myself

tight rope®

Past concerns

9

Hurt by others

tight rope®

Past concerns

10

Did what I want

tight rope®

11

No help given

tight rope®

12

School or study problems

tight rope®

13

Immaturity

tight rope®

14

No money for basics

tight rope®

15

Labelled

tight rope®

16

Lost someone

tight rope®

tight rope®

tight rope®

1 Positive outlook	**2** Able to manage myself	**3** Have skills I can use	**4** Know where to get help
5 Feel ok about myself	**6** Can plan / problem solve	**7** Flexible to try new things	**8** Trust others with my feelings
9 Clever	**10** Caring	**11** Funny	**12** Likeable / Loveable
13 Sociable	**14** Can respect myself	**15** Can respect others	**16** Can take responsibility

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1 Positive outlook

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Balancing strengths

2 Able to manage myself

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Balancing strengths

3 Have skills I can use

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Balancing strengths

4 Know where to get help

tight rope®

Balancing strengths

5 Feel ok about myself

tight rope®

Balancing strengths

6 Can plan / problem solve

tight rope®

Balancing strengths

7 Flexible to try new things

tight rope®

Balancing strengths

8 Trust others with my feelings

tight rope®

Balancing strengths

9 Clever

tight rope®

Balancing strengths

10

Caring

Balancing strengths

11

Funny

Balancing strengths

12

Likeable / Loveable

Balancing strengths

13

Sociable

Balancing strengths

14

Can respect myself

Balancing strengths

15

Can respect others

Balancing strengths

16

Can take responsibility

Balancing strengths

Balancing strengths

Balancing strengths

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1 Pressure from friends	**2** Unsafe where I live
3 Live in a poor area	**4** Lots of worries
5 No money for basics	**6** Plan to do again

7 My strong emotions	**8** I am often 'hyper'	**9** Loyal to others	**10** Don't like school or work	**11** Arguments at home
12 Struggle to control myself	**13** Hard to stop and think	**14** My drug or alcohol use	**15** Easy to get weapons	**16** Easy to get drugs

1

Pressure from friends

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Current concerns

2

Unsafe where I live

tight rope®

Current concerns

3

Live in a poor area

tight rope®

Current concerns

4

Lots of worries

tight rope®

Current concerns

5

No money for basics

tight rope®

Current concerns

6

Plan to do again

tight rope®

Current concerns

7

My strong emotions

tight rope®

Current concerns

8

I am often 'hyper'

tight rope®

Current concerns

9

Loyal to others

tight rope®

Current concerns

10

Don't like school or work

tight rope®

Current concerns

11

Arguments at home

tight rope®

Current concerns

12

Struggle to control myself

tight rope®

Current concerns

13

Hard to stop and think

tight rope®

Current concerns

14

My drug or alcohol use

tight rope®

Current concerns

15

Easy to get weapons

tight rope®

Current concerns

16

Easy to get drugs

tight rope®

Current concerns

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tight rope®

Current concerns

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Current concerns

1 Adults who check where I am

2 People who care about me

3 Safe place, where I belong

4 Teacher / boss get on well with

5 Positive role model

6 My carer has support

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7 Someone to talk to

8 People I can trust

9 Good family support

10 Positive things to do

11 People who expect good of me

12 Good neighbours

13 My religion or values

14 Rules – I can negotiate

15 People who love me, no matter what

16 Good school / workplace
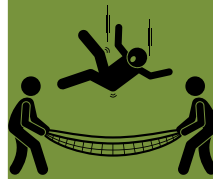
1

Adults who check where I am

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External support

2

People who care about me

tight rope®

External support

3

Safe place, where I belong

tight rope®

External support

4

Teacher / boss get on well with

tight rope®

External support

5

Positive role model

tight rope®

External support

6

My carer has support

tight rope®

External support

7

Someone to talk to

tight rope®

External support

8

People I can trust

tight rope®

External support

9

Good family support

tight rope®

External support

10

Positive things to do

External support

11

People who expect good of me

External support

12

Good neighbours

External support

13

My religion or values

External support

14

Rules – I can negotiate

External support

15

People who love me, no matter what

External support

16

Good school / workplace

External support

External support

1 Learn to deal with stress	**2** Make most of new chances		
3 Avoid certain people	**4** Keep or make positive friendships		
5 Learn or develop skills	**6** Move somewhere else	**7** Have a plan for next time	
8 Attend school, college or a course	**9** Resist doing 'risky stuff'	**10** Get support – where I feel I belong	**11** Have counselling / therapy
12 Be flexible – have lots of options	**13** Volunteer or work for charity	**14** Be ok with myself	**15** Get active

16 Reduce / stop drug or alcohol use

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1

Learn to deal with stress

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Steps needed

2

Make most of new chances

tight rope®

Steps needed

3

Avoid certain people

tight rope®

Steps needed

4

Keep or make positive friendships

tight rope®

Steps needed

5

Learn or develop skills

tight rope®

Steps needed

6

Move somewhere else

tight rope®

Steps needed

7

Have a plan for next time

tight rope®

Steps needed

8

Attend school, college or a course

tight rope®

Steps needed

9

Resist doing 'risky stuff'

tight rope®

Steps needed

10		11		12	
Get support – where I feel I belong		**Have counselling / therapy**		**Be flexible – have lots of options**	
tight rope®	Steps needed	tight rope®	Steps needed	tight rope®	Steps needed

13		14		15	
Volunteer or work for charity		**Be ok with myself**		**Get active**	
tight rope®	Steps needed	tight rope®	Steps needed	tight rope®	Steps needed

16					
Reduce / stop drug or alcohol use					
tight rope®	Steps needed	tight rope®	Steps needed	tight rope®	Steps needed