

Understanding the star chart and the results

1 Feelings and emotions

Dealing with feelings, recognising unhelpful thinking, ways to feel better, managing mental health



- 5 I mostly feel positive and can cope well with difficult feelings
- 4 I'm finding ways to feel better and can mostly deal with difficult feelings, with support
- 3 I'm taking steps to feel better emotionally but it's not yet working for me
- 2 I often feel really bad but I recognise that this needs to change and am talking to someone about it
- 1 I often feel really bad or have lots of difficult thoughts. I can't see how anyone can help

2 Healthy lifestyle

Food, sleep, being active, managing any physical health conditions, doctors and treatment



- 5 My lifestyle is mostly healthy, and this helps my mental and emotional well-being too
- 4 I'm learning how to have a healthy lifestyle, with support
- 3 I'm taking steps to have a healthier lifestyle but am not yet really seeing the benefits
- 2 My lifestyle isn't healthy, but I can see it's a problem and am talking to someone about it
- 1 My lifestyle isn't healthy. I don't recognise it's a problem or don't see how it can change

3 Where you live

A stable home life, safety, positive routine and having the basics, managing a tenancy



- 5 I have a stable home life
- 4 I mostly have the stability I need at home but there are a few issues
- 3 There are no major concerns about my home life but I need more stability
- 2 There are concerns about my home life but my family or carers and I know things need to change
- 1 There are concerns about my home life. No one can help with this

4 Friends and relationships

Support from friends, partners, peers, family or other adults, bullying, knowing who to trust



- 5 I have the friends that are right for me and feel well supported by people in my life
- 4 I'm finding ways to feel connected and supported by people in my life, but there are a few issues
- 3 I'm taking steps to improve my friendships or get more support, but it's not yet working for me
- 2 I feel alone or the people in my life don't support me but I'm talking to someone about it
- 1 I feel alone or the people in my life don't support me. I can't see how anyone can help

5 School, training and work

Getting the most from school, training and work



- 5 I'm getting on well with school, training or work and am well supported
- 4 I'm finding what works for me with school, training or work, with support
- 3 Things are starting to change with school, training or work but it's not yet working for me
- 2 I know I need help with school, training or work and I'm talking to someone about it
- 1 There are problems with school, training or work. I can't see how anyone can help

6 How you use your time

Things you enjoy, fun and relaxation, avoiding activities that put you at risk



- 5 I'm spending my time in ways I enjoy and that are good for me
- 4 I'm learning positive ways to spend my time, with support
- 3 I'm starting to change the way I spend my time but haven't yet found what works for me
- 2 I can see that what I do with my time affects how I feel and I'm talking to someone about this
- 1 I don't enjoy how I spend my time, or do things that could harm me. I can't see how that could change

7 Self-esteem

Being comfortable with who you are, seeing your strengths, confidence, sense of belonging



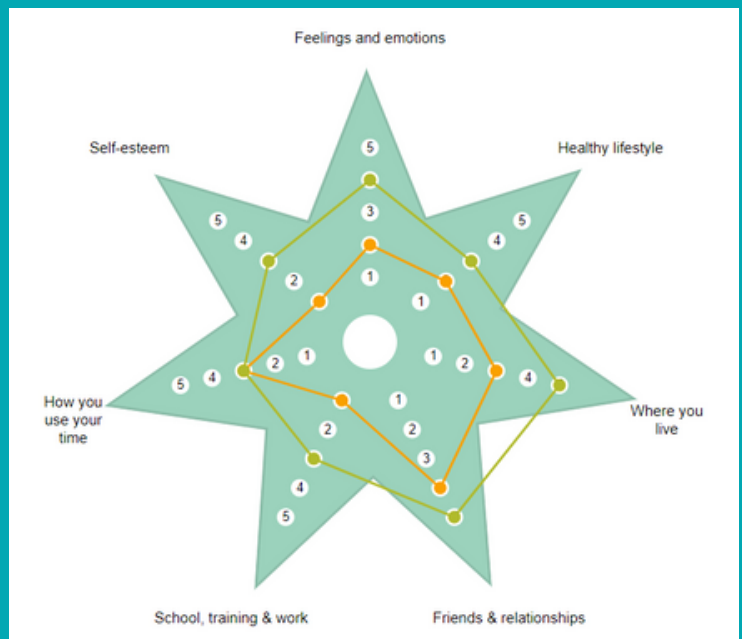
- 5 I mostly feel good about myself
- 4 I'm finding ways to feel good about myself, with support
- 3 I'm taking steps to feel better about myself, but my self-esteem has not yet improved much
- 2 I can see that self-esteem is an issue for me and am talking to someone about this
- 1 I don't feel good about myself. I can't see how anyone can help

We use 'My Mind Star' from Outcomes Star to help us track our young people's progress throughout the term.

We ask the young people at the beginning and again at the end of the programme to circle the number of the answer that best describes how they feel, most of the time.

- 1 Stuck or unsafe
- 2 Talking about it
- 3 Believing and taking action
- 4 Learning what works
- 5 Managing well

We ask each young person to mark the outcomes of the questionnaire onto their star - both at the beginning and the end of the programme. This enables us and them to recognise what and how much progress they have made. It also helps them and us see where they may need some more support.



The star helps a young person identify how they are feeling and provides a pathway for them to talk about and discuss their challenges in a focused and targeted way.