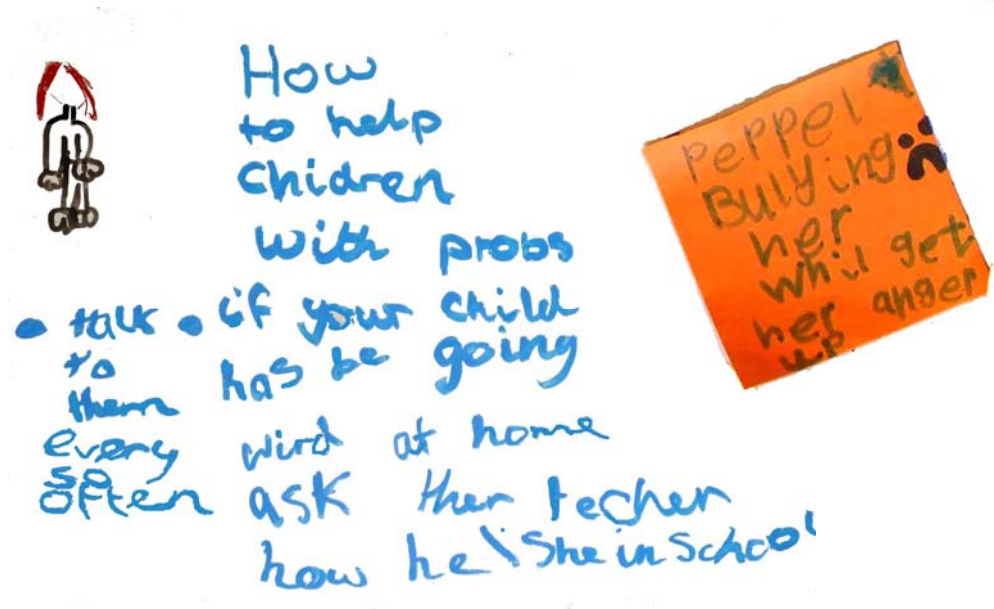




1. Understanding the problem

The first tent pole, or place to begin, was to understand that there was a difficulty for this child or young person. Children or young people might show these signs:

- Suicidal or self-harming
- Being afraid of males
- Have difficulty controlling anger or managing behaviour
- Have social difficulties in school - not fit in, be bullied
- Appear stressed, worried or anxious
- May have had to move home and/or school and may struggle to settle in and make friends
- Fall behind in school work
- Tired, showing signs of not sleeping well
- Be sad
- Be lonely



Listen to the child/young person

Only the child or young person will know what their experience is and how that experience is affecting them.

The [well being indicators](#), (that children should be safe, healthy, achieving, nurtured, active, respected, responsible and included) could help the child/young person to consider the different areas of their life affected by their experience as well as enable the child or young person to expose those areas of greatest current concern to them and therefore most important to change first. [Tools for well being indicators](#)