

Young person's views of their daily lived experience

With the young person, ask them for their views of what a full day for them looks like. Don't forget to ask about if anything is different about weekends and school holidays. Some prompts are below but these can be added to.

Young person's name:

Getting Up

- What time do they wake, or get woken up?
- Is there a regular routine?
- Does they take responsibility for other siblings or for parents/carers?
- Who makes sure everyone is up in time?

Do they have anything to eat?

- Is there usually something to eat for breakfast in the house?
- Does an adult supervise or make breakfast?
- Does they buy something on the way to school? If so, what?
- Does they go to breakfast club at school?

What about getting dressed and ready for the day?

- Are clothes ready and clean? Is there a routine for that?
- Do they have to find their own clothes? Choose their clothes?
- Do they have their own clothing?
- What about having a wash, brushing teeth and hair? Is this prompted or supervised by an adult?
- Are they able to bathe/shower before school if they want to?

<p>Going to School <i>What happens if they are going to school?</i></p> <ul style="list-style-type: none"> • How do they get to school? • Does anyone take them? • What is the journey to school? For example, a 30 minute walk crossing a dual carriageway or five minute walk across a playing field? • Do they take younger brothers and sisters? Do they walk with friends? 	
<p>The school day <i>What happens at school?</i></p> <ul style="list-style-type: none"> • How do they get along with teachers? • Do they have anyone to play with or hang out with at break and lunch time? • What do they like to do at school? What don't they like? • What do they eat at lunchtime? • Are they in any clubs at school? • Do they get bullied? 	
<p>After school and evening <i>What happens after school?</i></p> <ul style="list-style-type: none"> • Do they get collected from school? On Time? • Do they stay for after school activities? • Do they see friends after school or play out? • What is the journey home from school like? • What happens when they get home? • Is food available? • Do they take care of anyone when they get home? Other brothers and sisters? Carers/parents/other adult relatives? 	

<ul style="list-style-type: none"> • Do they have to do jobs in the house/run errands? 	
<p>What happens if it's the weekend/holidays?</p> <ul style="list-style-type: none"> • Would they be expected to look after siblings /parents /carers? • Do they have to do jobs in the house/run errands? • What happens about food? • Are they supervised by an adult? Does someone know where they are? 	
<p>Night time / bed time</p> <ul style="list-style-type: none"> • Do they have a bedtime? • Who decides when they go to bed? • Where do they sleep? What kind of bedding do they have? • Do they change their clothes before bed? • Do they have a wash/brush their teeth? • Are they disturbed when trying to sleep? This could be because of other noises in the house, or nightmares, for example • Are they left alone at night? Are they expected to look after other children when parents/carers go out or are unavailable? 	