

Your name here:																							
Your date of birth here:																							
Today's date here:																							
These statements are all about your life Outside Young Carers Project																							
How true are these statements about you?																							
Between 0 to 10																							
0: Not true at all/ Not me at all	3: a bit true/ like me																						
5: sometimes true/ am like that	7: usually True/ I am like that																						
10: always true Totally like me																							
<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 20px;">0</td> <td style="text-align: center; width: 20px;">1</td> <td style="text-align: center; width: 20px;">2</td> <td style="text-align: center; width: 20px;">3</td> <td style="text-align: center; width: 20px;">4</td> <td style="text-align: center; width: 20px;">5</td> <td style="text-align: center; width: 20px;">6</td> <td style="text-align: center; width: 20px;">7</td> <td style="text-align: center; width: 20px;">8</td> <td style="text-align: center; width: 20px;">9</td> <td style="text-align: center; width: 20px;">10</td> </tr> <tr> <td colspan="11" style="text-align: center; border-top: 1px solid black; border-bottom: 1px solid black;"> <div style="display: flex; justify-content: space-between; width: 100%; margin: 0 10px;"> </div> </td> </tr> </table>		0	1	2	3	4	5	6	7	8	9	10	<div style="display: flex; justify-content: space-between; width: 100%; margin: 0 10px;"> </div>										
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<div style="display: flex; justify-content: space-between; width: 100%; margin: 0 10px;"> </div>																							
In everyday life I find it easy to make friends and keep friends																							
In general, I enjoy trying to do new things, even if they are hard																							
I enjoy helping others																							
I can stand up for myself																							
Generally my mood is pretty steady, it does not go up and down all the time																							
There are people who can help me when I am upset																							
I think that I am good at most things																							
I find it easy to work with others																							
I can tell people if they have hurt my feelings																							
Adults care about whether I am safe or not																							
I like to take part in things, I like to join in stuff																							
I will try new things even if I don't think I will be good at them																							
I am good at listening to what others say																							
People listen to what I have to say																							
Worries don't keep me awake at night																							
I care about how others are feeling																							
People notice the things that I am good at																							
I can be trusted																							
I enjoy taking the lead, being the leader																							
In everyday life I don't get picked on																							
Total sum of scores																							

Your name here:																							
Your date of birth here:																							
Today's date here:																							
These statements are all about you when you are in Young Carers Groups																							
How true are these statements about you?																							
Between 0 to 10																							
0: Not true at all/ Not me at all	3: a bit true/ like me																						
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<div style="display: flex; justify-content: space-between; width: 100%; height: 10px;"></div>																							
I find it easy to make friends and keep friends in the Young Carers Group																							
At Young Carers Groups, I enjoy learning new things even if they are hard																							
At Young Carers Groups, I enjoy helping others																							
I can stand up for myself at Young Carers Groups,																							
My mood is pretty steady at Young Carers Groups, it does not go up and down all the time																							
At Young Carers Groups, there are people who can help me when I am upset																							
I think that I am good at most things at Young Carers Groups,																							
I find it easy to work with others at Young Carers Groups,																							
At Young Carers Groups, I can tell people if they have hurt my feelings																							
Adults care whether I am safe or not at Young Carers Groups																							
In Young Carers Groups, I take part in things																							
At Young Carers Groups, I will try new things even if I am not good at them																							
I am good at listening to what others say at Young Carers Groups																							
People listen to what I have to say at Young Carers Groups																							
Worries do not keep me awake at night																							
I care about how others are feeling at Young Carers Groups																							
At Young Cares Groups, People notice the things that I am good at																							
I am trusted at Young Carers Groups																							
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Total sum of scores																							