

Promoting Positive Health & Wellbeing in AHS



I FEEL SAFE

Feeling safe means:

- You feel protected from harm within your home and school.
- The people who care for you teach you how to protect yourself from harm.
- You are not scared when you go out and about in your local area.
- You know when things are risky and try to stay away from danger.
- The people who care for you know who you are with and where you are when you go out.



I FEEL NURTURED

Feeling nurtured means:

- You feel cared for and supported by the people who live in your home.
- The people who care for you can afford to provide you with the right amount of food and clothing.
- You live in a home that is clean and warm.
- Someone at home listens when you want to tell them about things you need, like or dislike.
- You are learning to look after yourself and make decisions that affect your life.



I AM ACHIEVING

Achieving means:

- You are learning new skills in school.
- You are confident that you can do well.
- You do the best you can.
- You have hobbies and interests out of school that help you learn new skills.
- The adults in your life encourage you to do your best.
- If you are struggling with your homework someone can help you with it.
- You get the help you need to do well in school.



I AM HEALTHY

Being healthy means:

- You have healthy food to eat most of the time.
- You exercise a lot.
- You get the chance to spend time outside.
- The people who look after you make sure you get help when you feel ill.
- The people who look after you help to make sure you eat and exercise to keep you healthy.
- You enjoy life.



I AM ACTIVE

Being active means:

- You do things for fun in your spare time.
- You have the chance to take part in leisure and sporting activities in your area.
- The adults in your life help you find ways to do things that interest you in your spare time.



I FEEL RESPECTED

Being respected means:

- You feel that people listen to you before they make decisions which affect you.
- You are involved in making decisions about your life.
- If you need it, you have help to tell people about your views and decisions.



I AM RESPONSIBLE

Being responsible means:

- You listen to other people and try to understand their point of view.
- You know the difference between right and wrong.
- You can manage your behaviour.
- You are caring and helpful.
- Adults trust you to follow their instructions.
- You are able to follow rules in school and at home.
- You know what is expected from you and why.
- Adults in your life behave in a way that sets a good example for you.



I FEEL INCLUDED

Feeling included means:

- You feel that you belong when you are with your friends, family, in school and in your neighbourhood.
- You are able to take part in activities which let you be with people that you need in your life.
- You get to meet lots of different people.
- You feel that other people want you around.