

Teen Star™ Quiz

The Outcomes Star for teenagers

Where are you now?

- 1 Not safe 2 Want change 3 Making changes 4 Alright 5 Safe and well

Drugs and alcohol

How much you drink or take drugs and what you think about it



- 5 I drink or take drugs a little or not at all and it's not getting in the way
- 4 Things are under control and pretty good most of the time, but sometimes drink or drugs do cause problems
- 3 I am trying to cut down or stop but it's hard
- 2 I drink or take drugs a lot but I'm worried about some things that have happened and I'm thinking about making changes.
- 1 I drink or take drugs a lot. It's what I do – it's fun. I'm interested in change

Well-being

How you feel physically and emotionally - feeling stressed, low, angry or physically unwell



- 5 I feel well and mostly I enjoy life. I can deal with difficult things myself or with friends or family
- 4 I mostly feel OK but sometimes there are problems
- 3 My health, or dealing with difficult feelings, causes problems but I'm doing something about it, e.g. sport, or talking to someone
- 2 I want to feel better than this
- 1 I feel pretty bad but that's life. Nothing can be done about it

Safety and security

Having friends who are "safe" and look out for you, not ending up in hospital, getting home OK, not risking pregnancy or sexually transmitted infections and avoiding violent situations



- 5 I keep safe. I know when things are too risky and try to steer clear of trouble
- 4 I mostly keep myself safe and away from trouble. Most of the time I know when to stop but occasionally things get out of hand
- 3 I'm trying to stay safe but its hard – things happen
- 2 I take risks a lot and I'm scared by some things that have happened. I'm thinking about how to stay safer
- 1 Lots of what I do is very risky but that's just the way it is