

# Contents

The Youth Star (2nd Edition) flashcards are for use with service users. These cards are an additional resource to be used alongside the Star Chart, with or instead of the short illustrated Scales and User Guide.

Please ensure you have received training, are licensed and are familiar with the Star and how to use it.

This pack contains 13 cards in total including:

- 6 Star area flashcards
- 5 Journey of Change flashcards
- Cover and information card
- Contents and "How to print" card

# Youth Star™

The Outcomes Star for youth work

interests & activities

hopes & dreams



## Information

The Youth Star has been created as an integral component of one-to-one keywork or services which support individuals with a wide range of short and long term mental health difficulties. This new 2nd Edition of the Youth Star has developed and improved on the original Youth Star incorporating feedback from service users, key workers and organisations. For more information on the changes and guidance on using the Star please contact Triangle.

Triangle Consulting Social Enterprise Ltd is the copyright holder of the Youth Star. In order to support consistency of use and effective implementation, the creation of derivative works is prohibited and users are required to buy a licence and train all workers using the materials with service users. See website for full copyright information [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)

## How to print the flashcards

Each card is designed as A5 in size. They can be professionally printed or printed on standard office printers. They have been designed to fit two to an A4 page and to be printed double-sided and then cut out, with the main area on the front of the card and additional images and text for prompts on the back.

Set the document to print in colour or black and white, double-sided, long-edge binding.

- If your printer allows you to print to the edge of a page, scale at 100%. If it does not, you can print the document at “scale to print” and trim off the white borders.
- A professional-print pdf with full 3mm bleeds is available should you wish to get the cards professionally printed onto cardstock.

Want to purchase this Star?  
Visit [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)

Contact [info@triangleconsulting.co.uk](mailto:info@triangleconsulting.co.uk)  
or 020 7272 8765

# Journey of Change

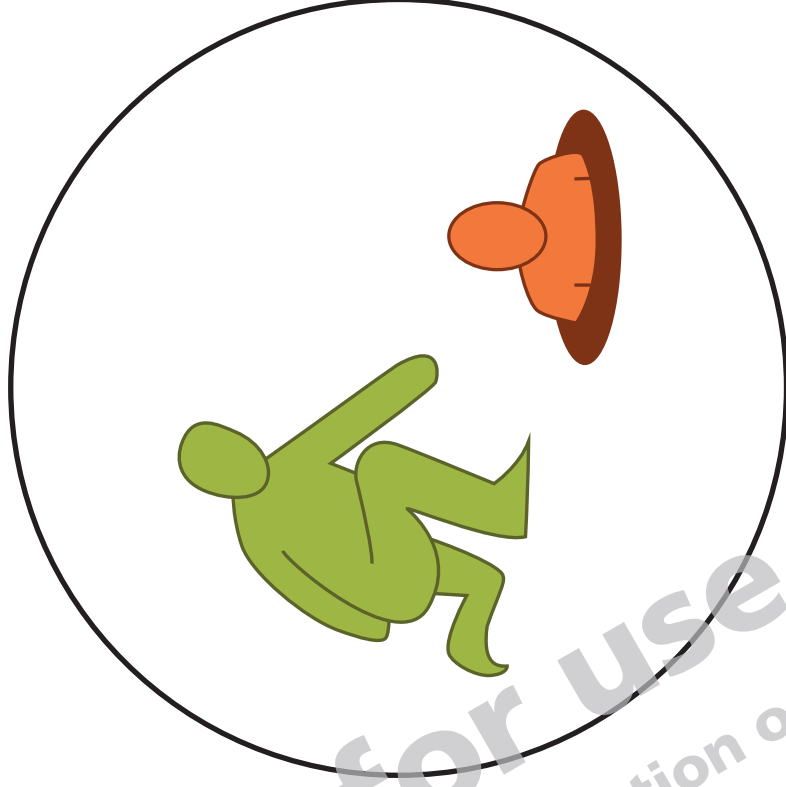
Youth Star™



2 Considering

# Journey of Change

Youth Star™



1 Stuck

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Not for use  
Sample for information only



## 1 Stuck

- Not achieving potential
- Don't know what to do
- Don't talk about it
- Don't think anyone can help

Not for use  
Sample for information only

## 2 Considering

- Starting to think about how things could be different
- Considering what you want
- Getting some support
- But... not yet making changes yourself

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or 020 7272 8765

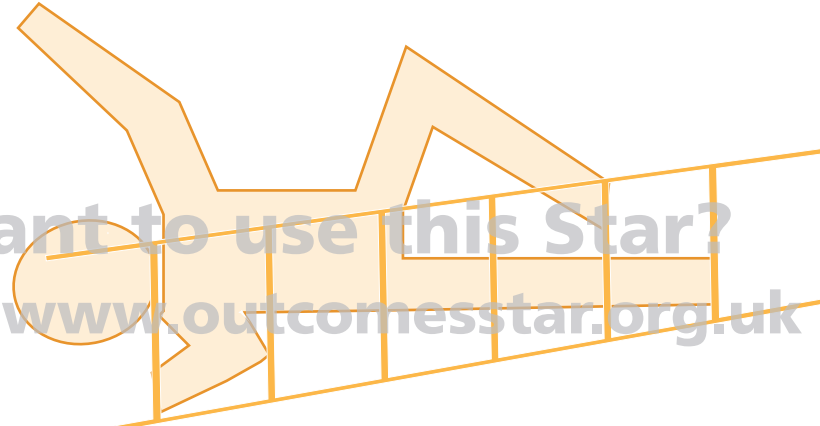
### The Journey of Change

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### The Journey of Change

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## Hopes and dreams



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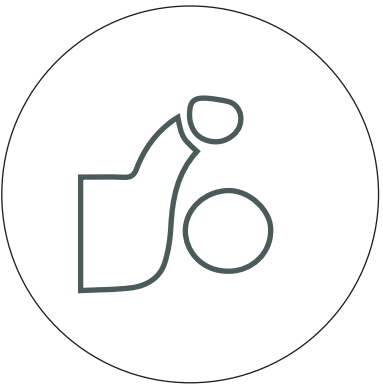
## Interests and activities



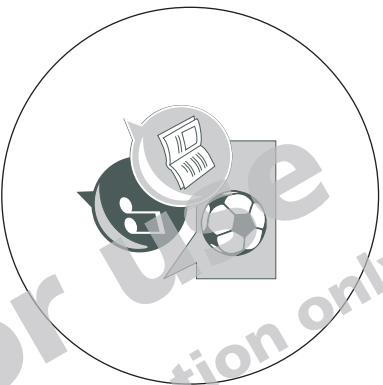
Not for use  
Sample for information only



# Interests and activities



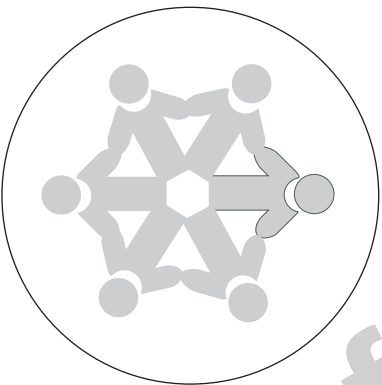
Getting involved



Activities you enjoy



Developing skills

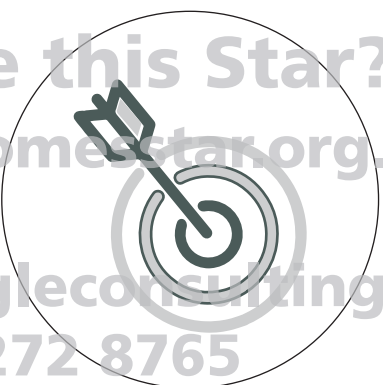


Being part of something positive

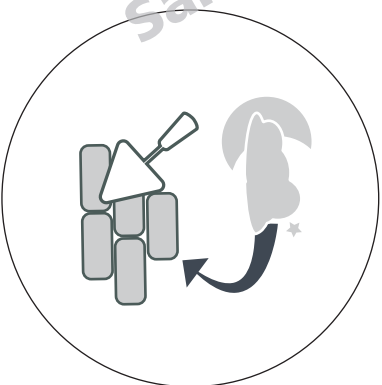
# Hopes and dreams



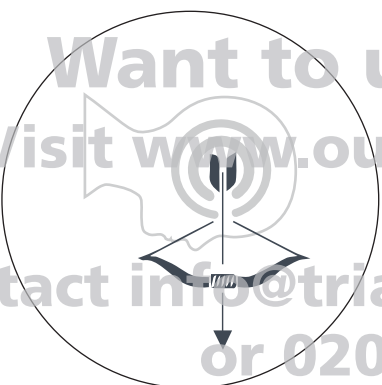
Hopeful



Having goals



Making things happen



Motivated

Not for use  
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