

THE VOICE OF THE CHILD

A template for
gathering children's
voices in safeguarding

The voice of the child

The child's voice and understanding of their lived experiences are essential to safeguarding practices.

The following form aims to be a simple way of gathering the views, thoughts, and voice of a child you are working with.

Child's Name:

Date:

How are you feeling?



Your thoughts, views,
and voice are important
to me.

By telling me how feel,
changes can be made to
improve things for you.

On the left you can
circle any number
from 1-10 to represent
how you currently feel
and then underneath
tell me if that means
a happy or sad face.



What is good?

Can you tell me the things that are good for you? These could be things that make you happy or make you feel safe.

It could be your parents, pets, friends or people at school. It could also be things you enjoy doing, a certain toy or being in a special place. **Write them below**

What could be better?

Can you tell me the things that you wish were better?

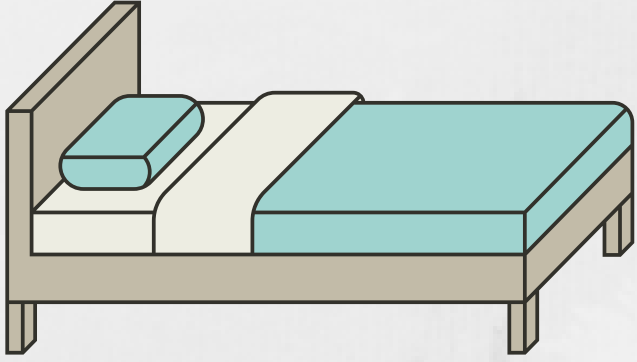
This could be having more or less of something or it could be spending more time doing things with someone. It could also be that you wish you could live somewhere else or go to a different school. **Write them below**

Does anything scare you?

Can you tell me about anything that worries you or anything that makes you feel scared?

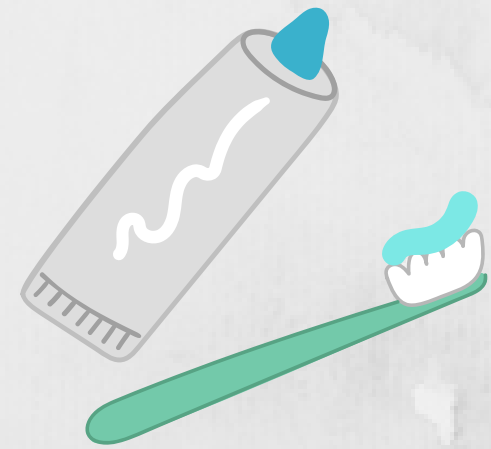
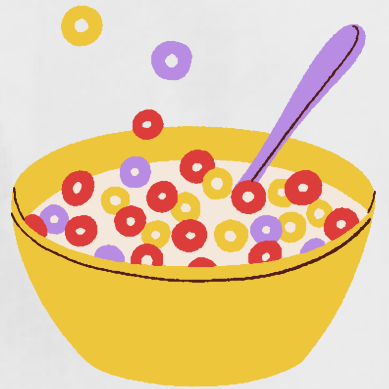
This could be someone who is hurting you, someone that makes you feel uncomfortable or noises and places that make you feel scared. **Write them below**

A day in my shoes



I wake up each morning at _____. When I wake up I am normally in a _____ mood.

For breakfast I eat _____



I brush my teeth for __ minute _____ a day. My teeth _____ hurt me.

I _____ going to school because _____



I have _____ friends to play with at school. I have _____ friends who I play with at home.

A day in my shoes

After school I relax or have fun
by _____



My favourite dinner is
_____. Dinner is
better when _____

After dinner we _____
have family time.



My bedtime is at _____.

I wake-up _____ during the
night.

People in my life

Who keeps me safe?

Who makes me feel special?

Who makes me laugh?

Who teaches me new things?

Who makes me feel better when upset?

Who is my superhero?

Being heard

Other than what you have already shared with me, is there anything else that you would like me to tell someone?

[illegible]

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