

Y•ROC

QUESTIONNAIRE

About Y·ROC

This questionnaire asks about how things have been going in different parts of your life over the past three months.

Think about what has been happening and how you have been feeling during this time.

Answer each question using the 1-6 'Never' to 'All the time' scale.



You can then use the emoji bar to rate how you feel about each question.



Y·ROC

Y·ROC is a measure of wellbeing outcomes designed especially for young people. It is a facilitated self-assessment tool designed to structure a conversation around 12 indicators of wellbeing that are linked to recovery.

Recovery offers hope





home

a safe and secure place to be

opportunity

to pursue meaningful leisure, recreation, education and work possibilities

people

as friends, confidantes and supporters

empowerment

fully involved in decisions affecting own life

Think about things like

- Studying
- Personal hygiene
- Daily routines
- Managing money
- Social skills
- Chores
- Organising
- Solving problems
- Making appointments
- Getting around
- Accessing support
- Finding information
- Managing responsibilities
- Interview skills
- Filling in forms
- Safe use of the internet

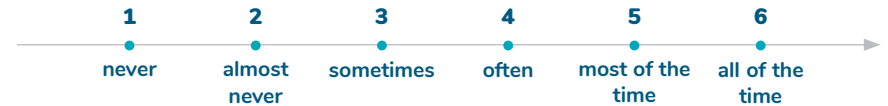


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LIFE SKILLS HOME



In the past three months
how often have you felt you
have the skills you need to
look after yourself?



Think about things like

- Outdoor activities
- Playing games
- Going to the gym
- Playing sports
- Swimming
- Walking
- Dancing
- Clubs
- Climbing the stairs
- P.E.
- Playing with pets
- Finding a comfortable balance of activity
- Regularly moving during the day



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ACTIVITY & EXERCISE OPPORTUNITY

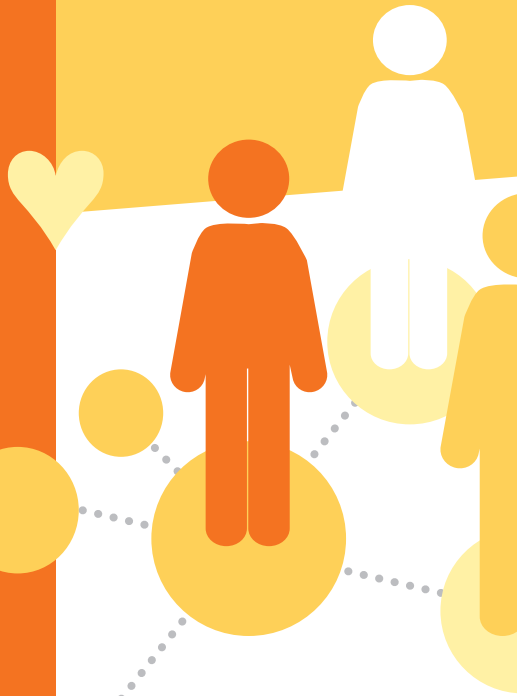


In the past three months
how often have you been
regularly active?



Think about things like

- Friends
- Family
- Teachers
- Coaches
- Youth workers/ leaders
- People you can talk to
- Supportive relationships
- People you can trust
- People you enjoy spending time with
- Feeling loved
- People in my corner
- Respect
- Feeling Accepted



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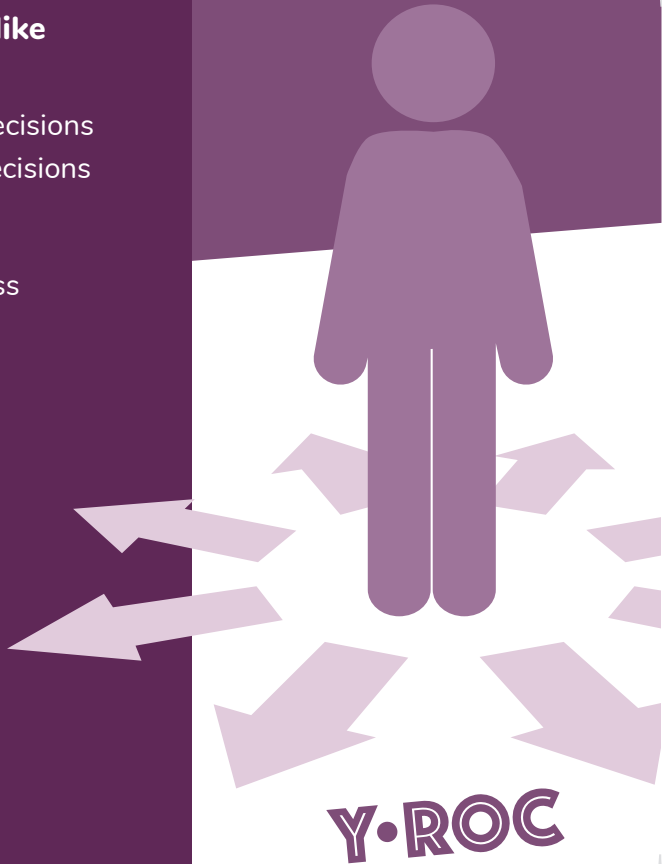
PERSONAL NETWORK PEOPLE

**In the past three months
how often have you felt
supported, and trusted those
around you?**



Think about things like

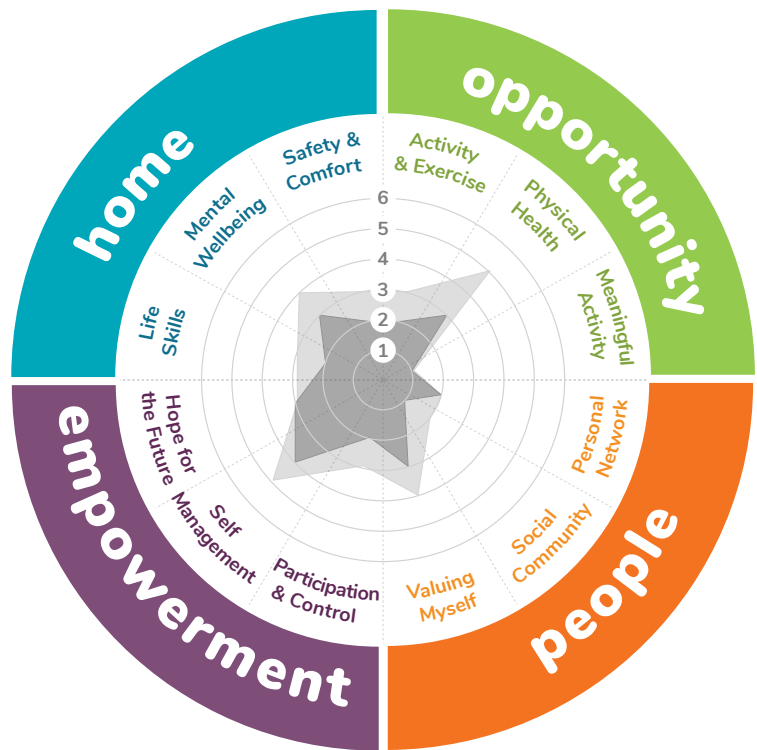
- Having choices
- Making your own decisions
- Being involved in decisions that affect you
- Feeling informed
- Being able to express yourself
- Feeling heard
- Expressing opinions
- Asking questions
- Understanding the decisions made by others
- Accepting things beyond your control



PARTICIPATION & CONTROL EMPOWERMENT

In the past three months
how often have you felt
involved in the decisions that
affect your life?





Thank you
for completing

Y•ROC

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