

## Foróige's Needs & Assets Assessment



In Foróige we want to make sure that the programmes you are involved in best suit your needs and development goals. To do this we would like you to complete this short survey.

### Physical Security

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I feel safe and secure in my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel safe and secure in my school/Youthreach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel safe and secure with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel safe and secure in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Sense of Belonging

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I feel a sense of belonging at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel a sense of belonging at school/Youthreach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel a sense of belonging with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel a sense of belonging in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Self-Esteem/Confidence

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I feel good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am confident in social situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I put myself forward for new activities and opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I can say no when asked to participate in activities I am not comfortable with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Well-being

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I worry about things a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I always think positively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I can cope with difficult situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have people around me who support me in difficult times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Health

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I regularly eat healthy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I get regular exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have good hygiene habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I know how to access health services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know all I need to know about sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Foróige's Needs & Assets Assessment *continued*

### Family Dynamics

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. My opinions matter at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have a good relationship with my siblings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I would ask my family for advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My family encourage me to develop my own interests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Peer Relationships

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. My friends listen to my opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I find it easy to make new friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I take part in positive activities with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My friends don't pressure me to do things I am not comfortable with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Education

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I see the benefits of participating in school/Youthreach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I enjoy the subjects that are taught at school/Youthreach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My school/Youthreach provides me with an opportunity to take part in different activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. There is at least one adult in school/Youthreach who I can turn to for help if I needed to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have goals for the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Substance Use

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I have knowledge that allows me to make informed choices about smoking cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have knowledge that allows me to make informed choices about alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have knowledge that allows me to make informed choices about drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have experienced negative consequences as a result of alcohol use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have experienced negative consequences as a result of drug use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Foróige's Needs & Assets Assessment *continued*

### Behaviour

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. When I get angry I can lash out at others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I take things that don't belong to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have damaged public property	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I get into trouble at school/Youthreach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I get into trouble in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Opportunity to Contribute to Community

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. There are opportunities for me to get involved in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My voice is listened to when it comes to making decisions that affect my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Please tick the skills that you feel you have and the skills you would like to develop

	I have	I would like to develop
1. Goal setting skills – <i>I can set goals</i>	<input type="checkbox"/>	<input type="checkbox"/>
2. Critical thinking skills – <i>I can analyse a situation</i>	<input type="checkbox"/>	<input type="checkbox"/>
3. Assertiveness – <i>I stand up for myself and my beliefs</i>	<input type="checkbox"/>	<input type="checkbox"/>
4. Good communication skills – <i>I can get my point across to others</i>	<input type="checkbox"/>	<input type="checkbox"/>
5. Decision making skills – <i>I can weigh up different choices to make a decision easily</i>	<input type="checkbox"/>	<input type="checkbox"/>
6. Leadership skills – <i>I can lead others to achieve a goal</i>	<input type="checkbox"/>	<input type="checkbox"/>
7. Entrepreneurship skills – <i>I could set up my own business if I wanted to</i>	<input type="checkbox"/>	<input type="checkbox"/>
8. IT skills – <i>I am confident with computers and technology</i>	<input type="checkbox"/>	<input type="checkbox"/>
9. Self-awareness – <i>I understand my moods and feelings</i>	<input type="checkbox"/>	<input type="checkbox"/>
10. Public speaking skills – <i>I can speak in public on a topic important to me</i>	<input type="checkbox"/>	<input type="checkbox"/>

### Your Initials:

First  Middle  Last

### Gender:

Please tick

Male  Female

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_



Thanks for taking the time to fill out this survey. It's a big help!



## Foróige's Needs & Assets Assessment – Scoring Sheet

This scoring sheet will help you in determining where the young person you are engaging in the survey is at in relation to a number of parameters.

### Physical Security

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I feel safe and secure in my home	1	2	3	4	5
2. I feel safe and secure in my school/Youthreach	1	2	3	4	5
3. I feel safe and secure with my friends	1	2	3	4	5
4. I feel safe and secure in my community	1	2	3	4	5

Please add the total for this measure – maximum is 20, minimum is 4. A high score: 16-20 indicates a good sense of physical security, a low score: 4-8 indicates that their perception of their physical security is not good, therefore may need to be explored further.

Total score is:

### Sense of Belonging

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I feel a sense of belonging at home	1	2	3	4	5
2. I feel a sense of belonging at school/Youthreach	1	2	3	4	5
3. I feel a sense of belonging with my friends	1	2	3	4	5
4. I feel a sense of belonging in my community	1	2	3	4	5

Please add the total for this measure – maximum is 20, minimum is 4. A high score: 16-20 indicates a good sense of belonging, a low score: 4-8 indicates that they may not feel like they belong, and therefore require some attention.

Total score is:

### Self-Esteem/Confidence

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I feel good about myself	1	2	3	4	5
2. I am confident in social situations	1	2	3	4	5
3. I put myself forward for new activities and opportunities	1	2	3	4	5
4. I can say no when asked to participate in activities I am not comfortable with	1	2	3	4	5

Please add the total for this measure – maximum is 20, minimum is 4. A high score: 16-20 indicates good self-esteem/confidence, a low score: 4-8 indicates that their self-esteem may need some work.

Total score is:

### Well-being (One answer is reversed)

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I worry about things a lot	5	4	3	2	1
2. I always think positively	1	2	3	4	5
3. I can cope with difficult situations	1	2	3	4	5
4. I have people around me who support me in difficult times	1	2	3	4	5

Please add the total for this measure – maximum is 20, minimum is 4. A high score: 16-20 indicates a good sense of well-being, a low score: 4-8 indicates that their sense of well-being may need some work.

Total score is:

## Foróige's Needs & Assets Assessment – Scoring Sheet *continued*

### Health

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I regularly eat healthy food	1	2	3	4	5
2. I get regular exercise	1	2	3	4	5
3. I have good hygiene habits	1	2	3	4	5
4. I know how to access health services	1	2	3	4	5
5. I know all I need to know about sex	1	2	3	4	5

Please add the total for this measure – maximum is 25, minimum is 5. A high score: 20-25 indicates good health and access to health information, a low score: 5-10 indicates that their health and access to information may need some work.

Total score is:

### Family Dynamic

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. My opinions matter at home	1	2	3	4	5
2. I have a good relationship with my siblings	1	2	3	4	5
3. I would ask my family for advice	1	2	3	4	5
4. My family encourage me to develop my own interests	1	2	3	4	5

Please add the total for this measure – maximum is 20, minimum is 4. A high score: 16-20 indicates good family dynamic, a low score: 4-8 indicates that their family relationships may need some work

Total score is:

### Peer Relationships

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. My friends listen to my opinions	1	2	3	4	5
2. I find it easy to make new friends	1	2	3	4	5
3. I take part in positive activities with my friends	1	2	3	4	5
4. My friends don't pressure me to do things I am not comfortable with	1	2	3	4	5

Please add the total for this measure – maximum is 20, minimum is 4. A high score: 16-20 indicates good peer relationships, a low score: 4-8 indicates that their peer relationships may need some work.

Total score is:

### Education

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I see the benefits of participating in school/Youthreach	1	2	3	4	5
2. I enjoy the subjects that are taught at school/Youthreach	1	2	3	4	5
3. My school/Youthreach provides me with an opportunity to take part in different activities	1	2	3	4	5
4. There is at least one adult in school/Youthreach who I can turn to for help if I needed to	1	2	3	4	5
5. I have goals for the future	1	2	3	4	5

Please add the total for this measure – maximum is 30, minimum is 5. A high score: 20-25 indicates good attitudes to education /employment, a low score: 5-10 indicates that their attitude to education/employment may need some work.

Total score is:

## Foróige's Needs & Assets Assessment – Scoring Sheet *continued*

### Substance Use *(Some answers are reversed)*

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. I have knowledge that allows me to make informed choices about smoking cigarettes	1	2	3	4	5
2. I have knowledge that allows me to make informed choices about alcohol	1	2	3	4	5
3. I have knowledge that allows me to make informed choices about drugs	1	2	3	4	5
4. I have experienced negative consequences as a result of alcohol use	5	4	3	2	1
5. I have experienced negative consequences as a result of drug use	5	4	3	2	1

Please add the total for this measure maximum is 25, minimum is 5. A high score: 20-25 indicates good knowledge and behaviour in relation to substance use, a low score: 4-8 indicates that their substance use related knowledge and behaviour may need some attention.

Total score is:

### Behaviour *(All answers are reversed)*

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. When I get angry I can lash out at others	5	4	3	2	1
2. I take things that don't belong to me	5	4	3	2	1
3. I have damaged public property	5	4	3	2	1
4. I get into trouble at school/Youthreach	5	4	3	2	1
5. I get into trouble in my community	5	4	3	2	1

Please add the total for this measure maximum is 25, minimum is 5. A high score: 20-25 indicates good behaviour, a low score: 4-8 indicates that their behaviour may be getting them in trouble and may need some work.

Total score is:

### Opportunity to Contribute to Community

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. There are opportunities for me to get involved in my community	1	2	3	4	5
2. My voice is listened to when it comes to making decisions that affect my community	1	2	3	4	5

Please add the total for this measure maximum is 10, minimum is 2. A high score: 8-10 indicates they feel they have the opportunity to contribute to community, a low score 2-4 indicates they don't feel they can contribute to their community.

Total score is:

### Please tick the skills that you feel you have and the skills you would like to develop

	I have	I would like to develop
1. Goal setting skills – <i>I can set goals</i>	<input type="checkbox"/>	<input type="checkbox"/>
2. Critical thinking skills – <i>I can analyse a situation</i>	<input type="checkbox"/>	<input type="checkbox"/>
3. Assertiveness – <i>I stand up for myself and my beliefs</i>	<input type="checkbox"/>	<input type="checkbox"/>
4. Good communication skills – <i>I can get my point across to others</i>	<input type="checkbox"/>	<input type="checkbox"/>
5. Decision making skills – <i>I can weigh up different choices to make a decision easily</i>	<input type="checkbox"/>	<input type="checkbox"/>
6. Leadership skills – <i>I can lead others to achieve a goal</i>	<input type="checkbox"/>	<input type="checkbox"/>
7. Entrepreneurship skills – <i>I could set up my own business if I wanted to</i>	<input type="checkbox"/>	<input type="checkbox"/>
8. IT skills – <i>I am confident with computers and technology</i>	<input type="checkbox"/>	<input type="checkbox"/>
9. Self-awareness – <i>I understand my moods and feelings</i>	<input type="checkbox"/>	<input type="checkbox"/>
10. Public speaking skills – <i>I can speak in public on a topic important to me</i>	<input type="checkbox"/>	<input type="checkbox"/>

These may help you to recognise strengths and indicate what skills the young person would like to develop in their time in your project.