

Who are you, and what's
going on in your life?

STEPSTONES

My personal story

This folder is a preparation for your meeting
with the transition coordinator.



Who are you, and what ´s going on in your life?

Tell me about yourself and what ´s
important to you!



With this folder, you can prepare for your consultation.

When you meet with the transfer coordinator, you will discuss different aspects of your life and health. Sometimes, it is about things you don't think about daily.

Tell me more about yourself on the next page!



Who are you?

Tell me about yourself and how you see yourself.

How would you describe your health at the moment?



Very good

☐

Okay, Poor

☐☐

How do you view your life and your opportunities and challenges?

What support do you need from those around you?

Is there anything you think about or worry about regarding your future?

Is there anything else you want to share about yourself or something you're thinking about?

Would you like
to prepare a bit
more?



Go through the questions and reflect on how life works for you.

Feel free to write down your thoughts and any questions.

Is there anything in particular that you want to talk more about?



HEALTH AND WELL-BEING

Think about how you feel.

- What do you do to relax and feel good?
- Do you have the energy to do everything you want?
- What does your daily routine regarding sleep, food, and exercise look like?
- How do you manage stress from school or other aspects of life?
- What feelings do you have when you wake up in the morning?
- What do you think about when you're trying to fall asleep?


NOTES:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SELF-IMAGE

THINK ABOUT HOW YOU SEE YOURSELF.



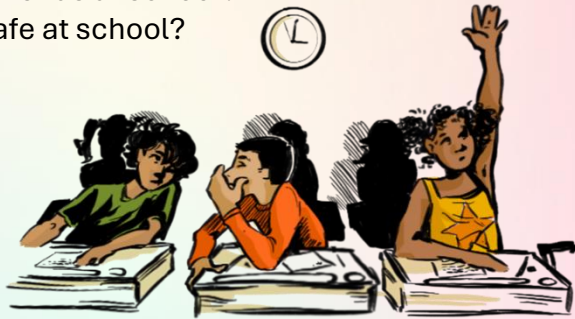
- What qualities do you appreciate most about yourself?
 - How do you feel about the person you are?
 - How do you feel about your body and your appearance?
 - Do you feel confident in different situations?
 - How do social media affect your self-esteem and self-image?
 - How do you handle negative thoughts about yourself?
- 

NOTES:

SCHOOL

THINK ABOUT HOW SCHOOL WORKS FOR YOU

- Do you go to school?
- How are you doing in school right now?
- Which subjects do you find the most enjoyable or challenging?
- Do you need help with anything in school?
- Do you have friends at school?
- Do you feel safe at school?



NOTES:

HOME AND FAMILY

THINK ABOUT YOUR FAMILY.

- What do you like most about your family?
- How do you usually spend time together as a family?
- How do you feel at home?
- How do you resolve conflicts?
- Do you feel safe at home?
- Do you feel you can talk to your parents or another adult about things that worry you?



NOTES:

- What do you enjoy doing in your free time?
- Are you satisfied with how you spend your free time?
- Do you have friends with whom to share your free time?
- Are you happy with your friends?
 - What do you usually do together with your friends?
- Do you come into contact with tobacco, alcohol, or other drugs?

[illegible]

RELATIONSHIPS & SEXUALITY

THINK ABOUT YOUR THOUGHTS ON SEXUALITY AND RELATIONSHIPS.


- Do you feel comfortable talking about sex and relationships?
- What do you think is important in a relationship?
- Do you feel ready to discuss boundaries and consent in a relationship?
- Do you have any questions or thoughts about sex, contraception, relationships, or identity that you want to talk about?



NOTES:

FUTURE

THINK ABOUT YOUR FUTURE.

- What do you dream about for your future?
 - How do you think your life will look in 5 years?
 - What challenges do you think you might face in the future?
 - Is there anything about the future that worries you?
- 
- A stylized illustration of a person's legs and feet standing in a room. To the left is a refrigerator, and next to it is a trash can. To the right is a box with the word 'WELCOME' on it. The background is a gradient of pink and purple.



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THINK ABOUT WHAT YOU KNOW ABOUT YOUR CONDITIONS.

- NOTES:

[illegible]

TRANSFER TO ADULT CARE

THINK ABOUT YOUR UPCOMING TRANSFER TO ADULT CARE.

- How do you feel about the transfer to adult healthcare?
- What do you need to feel secure about the transfer?
- What do you need to be able to take care of yourself and your health independently?

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IS THERE ANYTHING ELSE ON YOUR MIND THAT YOU WOULD LIKE TO DISCUSS?

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