

Over to YOU! are self-assessment questionnaires. There are two versions: *Onset – Over to YOU! Parents/Carers* and *Onset – Over to YOU! Children and Young People*. These are designed to be self-explanatory and straightforward to use: this guidance (which applies to both forms) gives you some advice on how and when to use them.

The *Over to YOU!* forms aim to:

- give the young person and his or her parents/carers a clear and explicit opportunity to state their views and have an input to the assessment
- ensure that the assessment takes account of these views
- provide evidence which can be used to rate the sections in the *Onset* assessment
- highlight issues that the young person and his or her parents/carers are worried about but which the key worker may not yet be aware of
- allow a comparison between the *Onset* assessment and the perspective of the young person and his or her parents/carers.

Most of the questions are written in the third person ('Some young people...' or 'Some parents/carers...'), with the respondent asked to say how much the descriptions are like him or her. This format was chosen because it is less threatening than asking the questions directly when dealing with potentially sensitive personal issues.

While these are very specific, there are also some more open questions where the respondent can write in as much or little as he or she likes. Many relate directly to issues covered in the *Onset* assessment and can be used as evidence for decisions made.

When and how should they be used?

The questionnaires should ideally be filled in before the key worker completes his or her assessment. The self-assessment can however be repeated at any point and can show how perceptions of a situation may have changed over time. Using *Over to YOU!* at the end of an intervention can also provide a useful indicator of change.

The success of the questionnaires will depend however on the level of commitment of the individual young people and their parents/carers, and on factors such as:

- the young person's age and literacy skills
- the amount of time available
- whether this is your first contact with the family
- the parents'/carers' literacy skills.

Engaging the young person and parents/carers

The *Over to YOU!* forms need to be seen in the context of your relationship with the young person and his or her parents/carers, and be part of the process of engaging with them. For example, if used appropriately, the questionnaires can assist in developing the relationship and can help the young person and his or her parents/carers to see that you are genuinely interested in their views; but forcing them to complete the forms may alienate them from the whole process and should be avoided.

Some young people (especially the younger age group) and some parents/carers find the form difficult to complete and require assistance. It is then particularly important to encourage the young person and his or her parents/carers to express their own opinions, and not just to say what they think you want to hear.

Local variation is to be encouraged. For example, the phrasing of the answers could be changed to something an individual key worker believes to be more appropriate. This is allowed with the strict caveats that:

- the 4-point scale is maintained
- the information collected is the same.

Some prevention programmes have added bright pictures to the questionnaire, printed them on coloured paper or turned it into a game for the young people. There is also the potential to use an electronic version. Local networking events are a good forum to discuss this in more detail.