

QUIZ 1

The child's viewpoint



In every family there are times when parents don't get along. This is natural. But we also know that some parents argue more often or with more aggression.

Below are some things that children sometimes think or feel when their parents have arguments or disagreements.

We would like you to think about how you feel when your parents argue or disagree. There are no right or wrong answers. You should just pick the answer which is best for you.

If you can answer all the questions, that's great. But please do not worry if there are some questions that you can't or find difficult answer. Just answer the questions that you can.

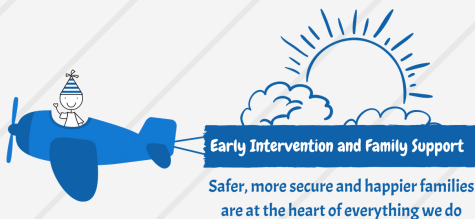
Who this quiz is for



This quiz is for any child to complete.

It is aimed at children aged over 8; however, the questions can be tailored towards children aged under 8.

The purpose of this quiz is to help you understand how the child feels. By combining what you learn through this quiz together with the parental quiz, you'll be able to support the child with the most appropriate action.



In partnership with



www.bromley.gov.uk/bromley-parenting-hub



Stop.

The child's viewpoint

How to use this quiz

The child should be asked to complete the quiz by themselves.

You need to support your child as they complete this quiz.

It is important to make sure that the child does not feel pressured to respond to any particular question with any particular answer. This needs to be their honest opinion.

Please avoid the temptation:

- to answer for them
- to influence their response
- to correct or change

You just need to listen to them.

Tip_S.

1

Find a period of uninterrupted time and space

2

Make sure your child is happy to do it - you must not force them

3

Talk your child through the form - reassure them that they should answer honestly

4

Give your child space to answer the quiz

5

Talk to your child about their answers

6

Combine their responses with your parental quiz

How often they argue



How often do your parents argue or disagree?

A lot <input type="radio"/>	Quite a bit <input type="radio"/>	Sometimes <input type="radio"/>	Never <input type="radio"/>
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How often do you see your parents arguing or disagreeing?

A lot <input type="radio"/>	Quite a bit <input type="radio"/>	Sometimes <input type="radio"/>	Never <input type="radio"/>
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How often do you think your parents argue or disagree when you are not with them?

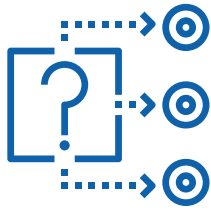
A lot <input type="radio"/>	Quite a bit <input type="radio"/>	Sometimes <input type="radio"/>	Never <input type="radio"/>
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How happy do you think your parents are together?

Very happy <input type="radio"/>	Quite happy <input type="radio"/>	A little unhappy <input type="radio"/>	Very unhappy <input type="radio"/>
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What causes the arguments



What do your parents usually argue or disagree about?

You can tick as many as you want

<p>How to discipline you</p> <input type="checkbox"/>	<p>Money</p> <input type="checkbox"/>	<p>Home chores</p> <input type="checkbox"/>	<p>How to spend time as a family</p> <input type="checkbox"/>
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<p>Work</p> <input type="checkbox"/>	<p>How the other parent behaves</p> <input type="checkbox"/>	<p>Small things, like what's for dinner</p> <input type="checkbox"/>
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<p>Family and friends</p> <input type="checkbox"/>	<p>If one parent says 'yes', when the other has told you 'no'</p> <input type="checkbox"/>
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<p>How much to spend on birthdays or presents</p> <input type="checkbox"/>	<p>How to reward you</p> <input type="checkbox"/>	<p>Food and eating</p> <input type="checkbox"/>
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<p>Playing games on electronics</p> <input type="checkbox"/>	<p>Alcohol, drugs or smoking</p> <input type="checkbox"/>	<p>Feeling tired</p> <input type="checkbox"/>
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Something else

Write it here

During the argument



How angry do your parents get when they argue or disagree?

Very angry *

Quite angry

A little angry

Never angry

Do your parents shout a lot when they argue or disagree?

They shout a lot *

They shout a bit

They shout sometimes

They never shout

Do your parents say unkind things to each other when they argue or disagree?

Yes - a lot

Quite a bit

Sometimes

Never

Do your parents ask you to take sides when they argue or disagree?

Always

Quite a bit

Sometimes

Never



How you feel



How do you feel when your parents argue or disagree?

Upset <input type="radio"/>	Scared * <input type="radio"/>	Unsafe * <input type="radio"/>	Helpless <input type="radio"/>	Nothing <input type="radio"/>	Something else <input type="radio"/>
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Do you do any of these things when your parents argue or disagree?

I feel sorry for one or both of them <input type="radio"/>	I try to comfort one or both of them <input type="radio"/>
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I try to be really quiet <input type="radio"/>	I hide and feel scared* <input type="radio"/>	I don't know what to do <input type="radio"/>	Something else <input type="radio"/>
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Do you do feel any of these things when your parents argue or disagree?

I feel caught in the middle <input type="radio"/>	I feel like they are upset with me <input type="radio"/>	I feel like it's my fault <input type="radio"/>	None <input type="radio"/>
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When your parents argue or disagree, are you afraid something bad will happen?

Always <input type="radio"/>	Usually <input type="radio"/>	Sometimes <input type="radio"/>	Never <input type="radio"/>
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After the argument

Do your parents stay angry with each other after they argue or disagree?

Yes - a lot

Quite a bit

Sometimes

Never

Do your parents make up right away after they argue or disagree?

Always

Usually

Sometimes

Never

Do your parents agree on what to do after they argue or disagree about something?

Always

Usually

Sometimes

Never

What to do next

When you have finished answering the quiz, give the form back to the adult who asked you to fill it in.

The adult will combine what they have learnt through your answers together with the responses in the parental quiz. Using this knowledge, they will be able to identify an appropriate plan of action by spotting opportunities where they can build on your happiness.

What the results say

1

Start by counting how many responses were provided in the three core colours (green, orange and red):

How many green responses?



multiply that number by 5



How many orange responses?

If this is higher than 5, your child appears to be negatively affected



multiply that number by 3



How many red responses?

If this is higher than 3, your child appears to be negatively affected



multiply that number by 1



add all three numbers together and write the total below



see what box what score is in:

70 or fewer

Likely to be an unhealthy relationship which is having a negative impact on your child



Multiple and complex or acute needs

Between 70 and 84

Likely to be a relationship with needs which might be having a negative impact on your child



Additional needs or multiple and complex

85 or more

Likely to be a healthy relationship



Universal or universal plus

2

Now we need to consider what themes have emerged:

List below any orange or red responses:

List orange responses

If there are more than 5 points to add, your child appears to be negatively affected by your relationship

List red responses

If there are more than 3 points to add, your child appears to be negatively affected by your relationship

Urgent areas

If any red responses with an * icon next to them are ticked, please read below to see what you need to do urgently:

- 1 If you are experiencing violence from your partner, call the National Domestic Abuse Helpline for free on **0808 2000 247**
- 2 Bromley and Croydon Women's Aid support victims and survivors, and challenge perpetrators to change their behaviour - simply call **020 8313 9303**
- 3 If you are being abusive towards your partner, call the Respect Phonenumber for perpetrators for free on **0808 8024040**



Do you need to talk to someone?

1 Talk to someone you like
such as a trusted adult, your friends, a teacher or a family member

2 Call Childline for free on **0800 111**
or visit www.childline.org.uk



Childline provide free and confidential help for young people. You can talk to them about anything. No problem is too big or too small. When you call them, you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

3 Visit the Kooth website - **www.kooth.com**

Kooth is an online mental wellbeing community providing free, safe and anonymous support. You can read help articles, write in your own daily journal, start or join a conversation, or chat to the Kooth team.



4 Text The Signpost on **07480 635 025**

When you are struggling with something, it can be difficult to know which way to turn for help. The Signpost by Bromley Y offers emotional health support and will help you think about what options are available.

