

# Be a Youth First Family

*Resources from Youth First Social Workers and Programs  
for parents and caregivers to use in the home.*

## Elementary School Kids

### 5-Point Scale

- **On the next page is a 5-Point Scale that you and your child can complete together.**
- **This scale will not only allow your child to understand their emotions, but you as a parent or guardian can gain a better perspective.**
- **These scales provide a guide that assists students with becoming more self-aware.**
- **After completing, try and think of coping and calming skills to utilize while in those escalated stages.**



#### **About Youth First, Inc.:**

*Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit [youthfirstinc.org](http://youthfirstinc.org) or call 812-421-8336.*

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## 5-Point Scale

Rating	What makes me feel this way?	How can I tell?
<b>5</b> I have lost control!		
<b>4</b> This can really upset me		
<b>3</b> This can make me nervous		
<b>2</b> This bugs me		
<b>1</b> This never bothers me		