

# SHANARRI

SHANARRI is an acronym; this means the initial letters of a set of words have been used to make a new word.

The words that make up SHANARRI are all about your wellbeing. Adults can use SHANARRI to check on your wellbeing. Something wrong in any of these areas indicates to an adult that you might need some help or support.

These are the words that make up SHANARRI:

**Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included.**

In the bubbles at each wellbeing indicator, draw or write to show what could be happening when your wellbeing is safe and secure and when your wellbeing is in danger.

## Safe

You are protected from abuse, neglect or harm.



## Healthy

You have high standards of physical and mental health; you are supported to make healthy, safe choices.



## Achieving

You have support and guidance in learning - boosting your skills, confidence and self-esteem.



## Nurtured

You have a nurturing and stimulating place to live and grow.



## Active

You have opportunities to take part in a wide range of activities.



## Respected

You are given a voice, and are involved in the decisions that affect your wellbeing.



## Responsible

You are taking an active role within your school and community.



## Included

You can get help and guidance to overcome inequalities; you can become full members of the communities in which you live and learn.

