



### My details

If my parent or legal guardian is unwell or I am worried or upset I should call:

**Kids Helpline** 1800 55 1800  
**Emergency** 000

### About me

**Name:** \_\_\_\_\_

**My phone number/s:** \_\_\_\_\_  
\_\_\_\_\_

**My parent's phone number/s:**

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

**Other family members' phone numbers:**

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

**My address:**

**Date of birth:**

**Brothers' and sisters' names and ages:**

**My school/child care:**

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Please ask to speak to: \_\_\_\_\_

Year/grade: \_\_\_\_\_

**My doctor's name and phone number:**

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

**My Medicare number:** \_\_\_\_\_

**My medication (if I take any):**

**My allergies:**

**Illnesses or special conditions that I have:**

**If my parent or legal guardian gets unwell and I need to stay with someone else for a while, it will be one of these people:**

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

**These people have agreed it is ok for me to stay with them.**  
Yes No

**My parent has agreed it is ok for me to stay with them.**  
Yes No

**I know how to get there (e.g. bus, taxi, getting picked up).**  
Yes No

**My parent knows how to contact me if I am there.**  
Yes No

**Things I will take with me if I am staying away from home:**  
*E.g. favourite clothes, a family photo, school bag, school books, school uniform, my own pillow, favourite toy, toothbrush, diary, music.*

**When I am worried or upset you will notice that I:**

**Please help me to feel supported by:**

# Things I like and dislike

Here is some information about what I like:

My favourite and/or disliked foods/drinks:

My favourite TV shows and movies:

My hobbies and stuff I like to do to relax:

My favourite books or magazines:

The things I dislike or may make me worried, frightened or upset:

My favourite music or bands:

My cultural or religious customs (e.g. do you go to church? When and where?):

My favourite sports or teams:

# Organising my week

Here is a calendar to fill in the things you do each week (e.g. after school activities, seeing friends, appointments, etc.):

**Monday:**

Morning:

Afternoon:

Evening:

**Tuesday:**

Morning:

Afternoon:

Evening:

**Wednesday:**

Morning:

Afternoon:

Evening:

**Thursday:**

Morning:

Afternoon:

Evening:

**Friday:**

Morning:

Afternoon:

Evening:

**Saturday:**

Morning:

Afternoon:

Evening:

**Sunday:**

Morning:

Afternoon:

Evening:

