



Derby City Council

My Life, My Journey

# My Identity

Who is important to me?  
and

What is important to me?

Name .....

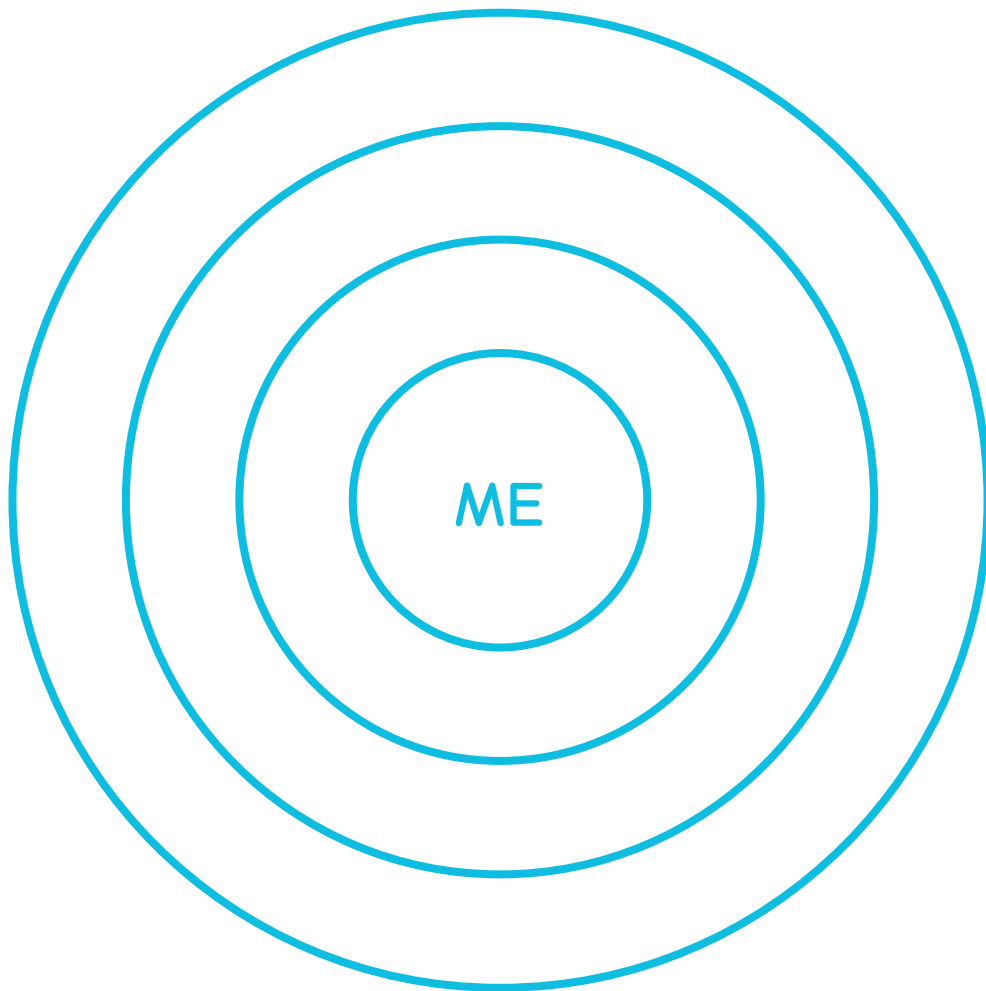
Age .....

Today's Date .....



# My Identity

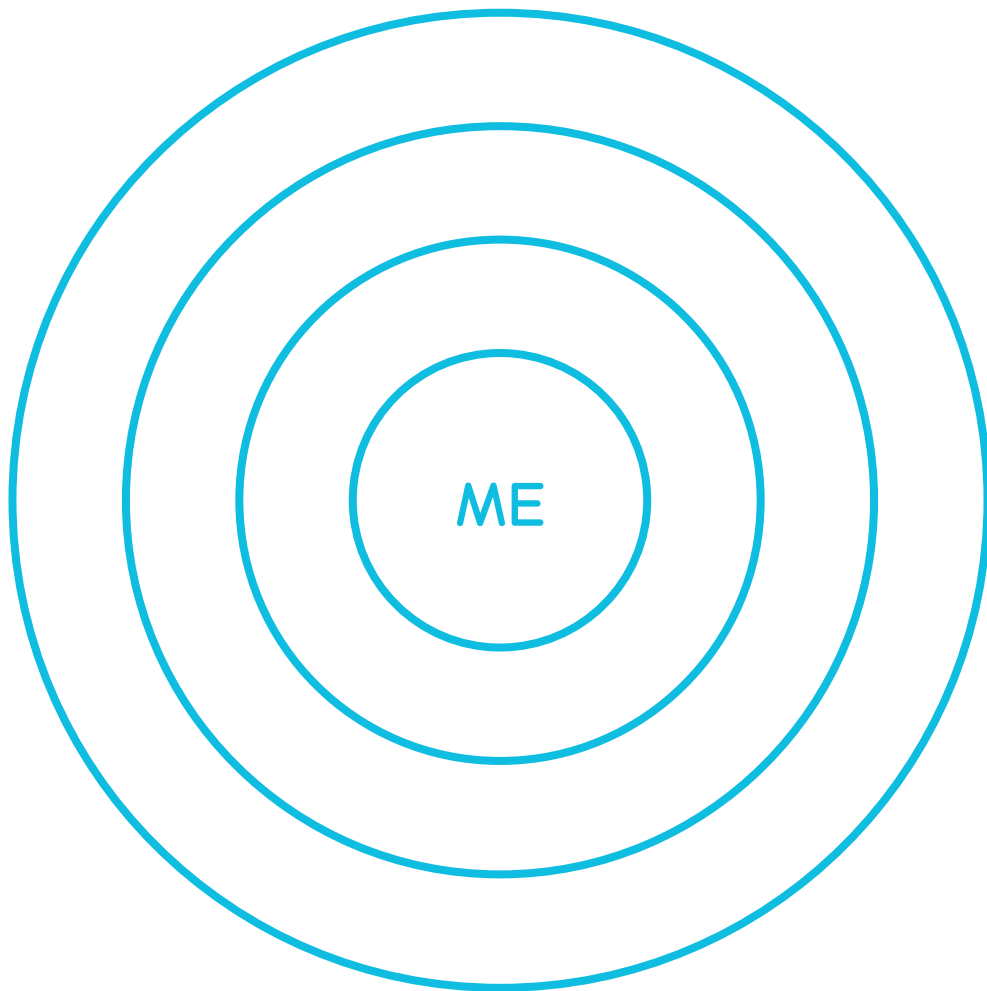
Who is important to me?





# My Identity

What is important to me?





# My Identity

What is important to me?

## Helpsheet 1 – Aspects of My Identity



What I look like	Clothes
Ethnicity	Family
Food	Friends
Gender and Sexuality	Things I like to do
Language	Area where I live
Nationality	Religion
School and College	





# My Identity

What is important to me?  
Helpsheet 2 – What I look like



Male	Female
Fat	Thin
Tall	Short
Healthy	Unhealthy
Hair Styled	Hair Unstyled



# My Identity

What is important to me?  
Helpsheet 3 - Clothes



Fashionable	Unfashionable
Clothes that fit	New
Second Hand	Warm
Traditional	Own Style
Male Clothing	Female Clothing



# My Identity

## What is important to me? Helpsheet 4 - Ethnicity



White British	Black British
Asian British	White European
White Other	Black Caribbean
Black African	Black Other
Dual (Parents with Different Ethnicities)	Indian
Pakistani	Bangladeshi
Chinese	Asian Other
Arab	Romany
Other Ethnicity	



# My Identity

## Who is important to me? Helpsheet 5 - Family



Mum	Dad
Sister	Brother
Aunt	Uncle
Grandma	Grandad
Cousin	Step mum
Step dad	Niece
Nephew	Foster Carer





# My Identity

## What is important to me? Helpsheet 6 - Food



Home Cooked	Takeaway
Non -Vegetarian	Controlled Diet
Vegetarian	Traditional Food
Regular meals at regular times	Irregular meals, no regular times
Breakfast	Lunch
Big Meals	Small Meals
Dinner	Eat too little
Eat too much	Eat food to comfort me



# My Identity

## Who is important to me? Helpsheet 7 - Friends



Boyfriend	Girlfriend
Friend	Study Friend
Family Friend	Best Friend
Close Friend	School Friend
Imaginary Friend	House Mate
Internet Friend	New Friend
Old Friend	



# My Identity

What is important to me?

Helpsheet 8 - Gender and Sexuality



Male	Female
Transgender	Gay
Bisexual	Lesbian
Transsexual	Straight
Asexual	



# My Identity

What is important to me?  
Helpsheet 9 - Things I like to do



Sports	Outdoor Activities
Arts and Crafts	Reading
Religious Groups	Doing things by myself
Doing things with friends	Consoles
Social Media	Playing Instruments
Board Games	Computer Based Hobbies













# My Identity

What is important to me?  
Helpsheet 12 - Nationality



British	English
European	World
Pakistani	Indian
Caribbean	Polish
Czech	Slovak
African	Jamaican
Nigerian	Ghanaian
Welsh	Scottish
Irish	



# My Identity

## What is important to me? Helpsheet 13 - Religion



Believer	Non Believer
Attending a Place of Worship	Do not follow a particular faith
More than one religion	Spiritual
Being a Christian	Being a Muslim
Being a Hindu	Being a Buddhist
Being a Sikh	Being a Jew
Being an Atheist	Being a multi faith follower

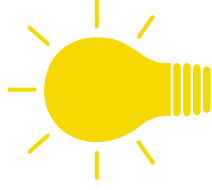








# Action Plan



Name .....

What is going to help you?	How is it going to help you?	Who is going to help you?	When would you like it to start?
What else might help?			



# Review



Name .....

How much has it helped you?

A lot

A little

Not at all

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