

# Adolescent tight rope®

## Cards for printing

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1  
**Making  
decisions for  
myself**

2  
**Feeling ok  
in myself**

3  
**Health /  
Life**

4  
**Giving to  
others**

5  
**Respect from  
others**

6  
**Doing well at  
something**

7  
**Culture and  
routines**

8  
**Feeling  
I belong**

9  
**Being close  
to others**

10  
**Having fun**

11  
**Being  
creative**

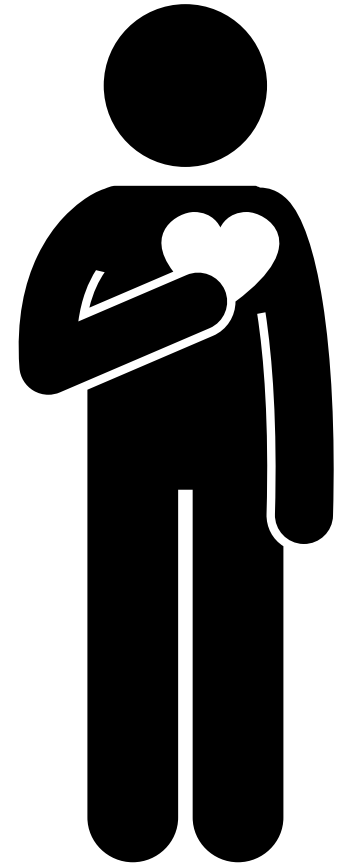
12  
**Having  
enough  
information**

13  
**Friendship**

14  
**Escape**

15  
**Loyalty**

16  
**Being active**



**tight rope**<sup>®</sup>

1

**Making decisions for myself**



Values / Motives

tight rope®

2

**Feeling ok in myself**



Values / Motives

tight rope®

3

**Health / Life**



Values / Motives

tight rope®

4

**Giving to others**



Values / Motives

tight rope®

5

**Respect from others**



Values / Motives

tight rope®

6

**Doing well at something**



Values / Motives

tight rope®

7

**Culture and routines**



Values / Motives

tight rope®

8

**Feeling I belong**



Values / Motives

tight rope®

9

**Being close to others**



Values / Motives

tight rope®

10

Having fun



Values / Motives

tight rope®

Being creative



Values / Motives

tight rope®

12

Having enough information



Values / Motives

tight rope®

13

Friendship



Values / Motives

tight rope®

14

Escape



Values / Motives

tight rope®

15

Loyalty



Values / Motives

tight rope®

16

Being active



Values / Motives

tight rope®

tight rope®

Values / Motives

tight rope®

Values / Motives

1 **'Binge' or heavy drinking**

2 **Smoke or take drugs**

3 **Harm self**

4 **Hurt others**

5 **Carry or use weapons**

6 **Hateful actions**

7 **Target vulnerable victim**

8 **Steal or take from others**

9 **Take risks with other people**

10 **Sexually active while young**

**tight rope®**

11 **Black out**

12 **Go missing**

13 **Truant**

14 **Homeless**

15 **Not using help on offer**

16 **Repeating same or similar actions**



1

**'Binge' or heavy drinking**



Falling off

tight rope®

2

**Smoke / take drugs**



Falling off

tight rope®

3

**Harm self**



Falling off

tight rope®

4

**Hurt others**



Falling off

tight rope®

5

**Carry or use weapons**



Falling off

tight rope®

6

**Hateful actions**



Falling off

tight rope®

7

**Target vulnerable victim**



Falling off

tight rope®

8

**Steal or take from others**



Falling off

tight rope®

9

**Take risks with other people**



Falling off

tight rope®

10

**Sexually active  
while young**

**tight\_ropes®**



Falling off

11

**Black out**

**tight\_ropes®**



Falling off

12

**Go missing**

**tight\_ropes®**



Falling off

13

**Truant**

**tight\_ropes®**



Falling off

14

**Homeless**

**tight\_ropes®**



Falling off

15

**Not using help  
on offer**

**tight\_ropes®**



Falling off

16

**Repeating same  
or similar  
actions**

**tight\_ropes®**



Falling off



**tight\_ropes®**



Falling off



**tight\_ropes®**



Falling off

1

**Long gap  
between  
'bad' times**

2

**Positive times  
at home**

3

**Usually behave  
myself**

4

**Help I've had**

5

**Handled loads  
in my past**

6

**Finished  
school (or  
project)**

7

**Certificates or  
qualifications**

8

**Times worked  
or had a job**

9

**Positive times  
at school**

10

**Positive times  
with friends**

11

**Good  
memories**

12

**Something  
proud of**

13

**Praised for  
something**

14

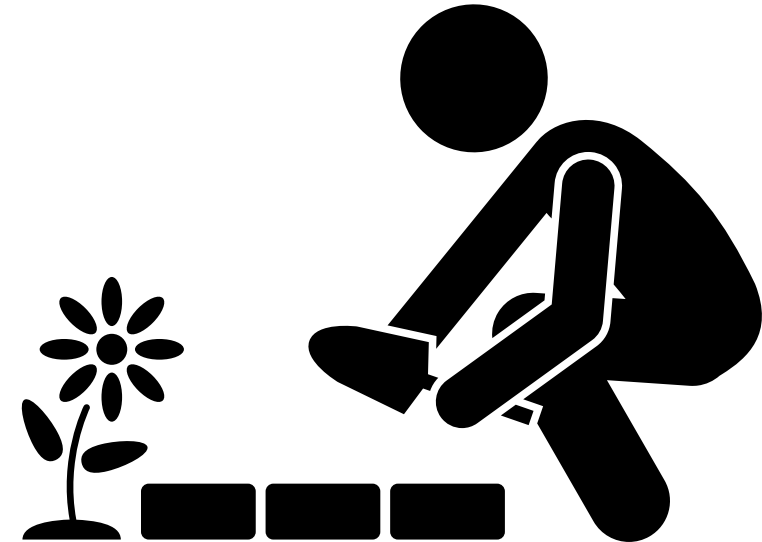
**Good choices  
I've made**

15

**Admit when  
harmed**

16

**Volunteered /  
charity work**



**tight rope®**



1

Long gap  
between  
'bad' times

tight rope®



Positive foundations

2

Positive times  
at home

tight rope®



Positive foundations

3

Usually behave  
myself

tight rope®



Positive foundations

4

Help I've had

tight rope®



Positive foundations

5

Handled loads  
in my past

tight rope®



Positive foundations

6

Finished school  
(or project)

tight rope®



Positive foundations

7

Certificates or  
qualifications

tight rope®



Positive foundations

8

Times worked or  
had a job

tight rope®



Positive foundations

9

Positive times  
at school

tight rope®



Positive foundations

10

**Positive times  
with friends**

**tight rope®**



Positive foundations

11

**Good memories**

**tight rope®**



Positive foundations

12

**Something  
proud of**

**tight rope®**



Positive foundations

13

**Praised for  
something**

**tight rope®**



Positive foundations

14

**Good choices  
I've made**

**tight rope®**



Positive foundations

15

**Admit when  
harmed**

**tight rope®**



Positive foundations

16

**Volunteered /  
charity work**

**tight rope®**



Positive foundations



**tight rope®**



Positive foundations



**tight rope®**



Positive foundations



1  
**Lived in a  
poor area**

2  
**Did same as  
friends**

3  
**Did same as  
family**

4  
**Bullied /  
used**

5  
**Too much  
pain**

6  
**Arguments  
with others**

7  
**Times  
anxious  
or low**

8  
**Struggled to  
like myself**

9  
**Hurt by  
others**

10  
**Did what  
I want**

11  
**No help given**

12  
**School or  
study  
problems**

13  
**Immaturity**

14  
**No money  
for basics**

15  
**Labelled**

16  
**Lost  
someone**

**tight rope**<sup>®</sup>

1

Lived in a poor area

tight\_ropes®



Past concerns

2

Did same as friends

tight\_ropes®



Past concerns

3

Did same as family

tight\_ropes®



Past concerns

4

Bullied / used

tight\_ropes®



Past concerns

5

Too much pain

tight\_ropes®



Past concerns

6

Arguments with others

tight\_ropes®



Past concerns

7

Times anxious or low

tight\_ropes®



Past concerns

8

Struggled to like myself

tight\_ropes®



Past concerns

9

Hurt by others

tight\_ropes®



Past concerns

10

**Did what  
I want**

**tight rope®**



Past concerns

11

**No help given**

**tight rope®**



Past concerns

12

**School or study  
problems**

**tight rope®**



Past concerns

13

**Immaturity**

**tight rope®**



Past concerns

14

**No money  
for basics**

**tight rope®**



Past concerns

15

**Labelled**

**tight rope®**



Past concerns

16

**Lost someone**

**tight rope®**



Past concerns

**tight rope®**



Past concerns

**tight rope®**



Past concerns

1

**Positive  
outlook**

2

**Able to  
manage  
myself**

3

**Have skills  
I can use**

4

**Know where  
to get help**

5

**Feel ok about  
myself**

6

**Can plan /  
problem  
solve**

7

**Flexible to try  
new things**

8

**Trust others  
with my  
feelings**

9

**Clever**

10

**Caring**

11

**Funny**

12

**Likeable /  
Loveable**

13

**Sociable**

14

**Can respect  
myself**

15

**Can respect  
others**

16

**Can take  
responsibility**



**tight rope®**

1

**Positive  
outlook**

**tight rope®**



Balancing  
strengths

2

**Able to manage  
myself**

**tight rope®**



Balancing  
strengths

3

**Have skills  
I can use**

**tight rope®**



Balancing  
strengths

4

**Know where  
to get help**

**tight rope®**



Balancing  
strengths

5

**Feel ok about  
myself**

**tight rope®**



Balancing  
strengths

6

**Can plan /  
problem solve**

**tight rope®**



Balancing  
strengths

7

**Flexible to try  
new things**

**tight rope®**



Balancing  
strengths

8

**Trust others  
with my feelings**

**tight rope®**



Balancing  
strengths

9

**Clever**

**tight rope®**



Balancing  
strengths

10

**Caring**

**tight rope®**



Balancing strengths

11

**Funny**

**tight rope®**



Balancing strengths

12

**Likeable /  
Loveable**

**tight rope®**



Balancing strengths

13

**Sociable**

**tight rope®**



Balancing strengths

14

**Can respect  
myself**

**tight rope®**



Balancing strengths

15

**Can respect  
others**

**tight rope®**



Balancing strengths

16

**Can take  
responsibility**

**tight rope®**



Balancing strengths

**tight rope®**



Balancing strengths

**tight rope®**



Balancing strengths



**tight rope**<sup>®</sup>



1  
**Pressure from friends**

2  
**Unsafe where I live**

3  
**Live in a poor area**

4  
**Lots of worries**

5  
**No money for basics**

6  
**Plan to do again**

7  
**My strong emotions**

8  
**I am often 'hyper'**

9  
**Loyal to others**

10  
**Don't like school or work**

11  
**Arguments at home**

12  
**Struggle to control myself**

13  
**Hard to stop and think**

14  
**My drug or alcohol use**

15  
**Easy to get weapons**

16  
**Easy to get drugs**

1

**Pressure from friends**

tight rope®



Current concerns

2

**Unsafe where I live**

tight rope®



Current concerns

3

**Live in a poor area**

tight rope®



Current concerns

4

**Lots of worries**

tight rope®



Current concerns

5

**No money for basics**

tight rope®



Current concerns

6

**Plan to do again**

tight rope®



Current concerns

7

**My strong emotions**

tight rope®



Current concerns

8

**I am often 'hyper'**

tight rope®



Current concerns

9

**Loyal to others**

tight rope®



Current concerns

10

Don't like school  
or work

tight rope®



Current concerns

11

Arguments at  
home

tight rope®



Current concerns

12

Struggle to  
control myself

tight rope®



Current concerns

13

Hard to stop  
and think

tight rope®



Current concerns

14

My drug or  
alcohol use

tight rope®



Current concerns

15

Easy to get  
weapons

tight rope®



Current concerns

16

Easy to get drugs

tight rope®



Current concerns

tight rope®



Current concerns

tight rope®



Current concerns

1 Adults who check where I am

3 Safe place, where I belong

5 Positive role model

7 Someone to talk to

12 Good neighbours



tight rope®

8 People I can trust

9 Good family support

10 Positive things to do

13 My religion or values

14 Rules – I can negotiate

15 People who love me, no matter what

2 People who care about me

4 Teacher / boss get on well with

6 My carer has support

11 People who expect good of me

16 Good school / workplace

1

Adults who check where I am



External support

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2

People who care about me



External support

tight rope®

3

Safe place, where I belong



External support

tight rope®

4

Teacher / boss get on well with



External support

tight rope®

5

Positive role model



External support

tight rope®

6

My carer has support



External support

tight rope®

7

Someone to talk to



External support

tight rope®

8

People I can trust



External support

tight rope®

9

Good family support



External support

tight rope®

10

Positive things  
to do



External support

tight rope®

11

People who  
expect good  
of me



External support

tight rope®

12

Good  
neighbours



External support

tight rope®

13

My religion  
or values



External support

tight rope®

14

Rules – I can  
negotiate



External support

tight rope®

15

People who  
love me, no  
matter what



External support

tight rope®

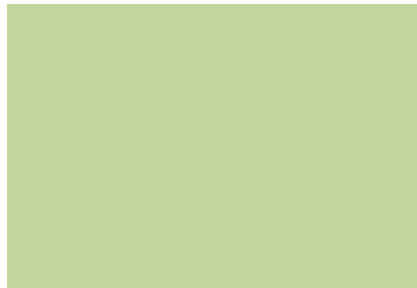
16

Good school /  
workplace



External support

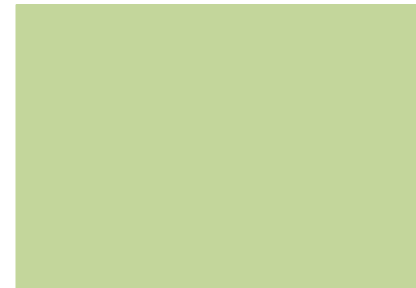
tight rope®



tight rope®



External support



tight rope®



External support



1  
**Learn to deal with stress**

2  
**Make most of new chances**

3  
**Avoid certain people**

4  
**Keep or make positive friendships**

5  
**Learn or develop skills**

6  
**Move somewhere else**

7  
**Have a plan for next time**

8  
**Attend school, college or a course**

9  
**Resist doing 'risky stuff'**

10  
**Get support – where I feel I belong**

11  
**Have counselling / therapy**

**tight rope**<sup>®</sup>

12  
**Be flexible – have lots of options**

13  
**Volunteer or work for charity**

14  
**Be ok with myself**

15  
**Get active**

16  
**Reduce / stop drug or alcohol use**

1

**Learn to deal with stress**

tight rope®



Steps needed

2

**Make most of new chances**

tight rope®



Steps needed

3

**Avoid certain people**

tight rope®



Steps needed

4

**Keep or make positive friendships**

tight rope®



Steps needed

5

**Learn or develop skills**

tight rope®



Steps needed

6

**Move somewhere else**

tight rope®



Steps needed

7

**Have a plan for next time**

tight rope®



Steps needed

8

**Attend school, college or a course**

tight rope®



Steps needed

9

**Resist doing 'risky stuff'**

tight rope®



Steps needed



10

**Get support –  
where I feel I  
belong**

tight\_rop<sup>e</sup>



Steps needed

11

**Have counselling  
/ therapy**

tight\_rop<sup>e</sup>



Steps needed

12

**Be flexible –  
have lots of  
options**

tight\_rop<sup>e</sup>



Steps needed

13

**Volunteer or  
work for charity**

tight\_rop<sup>e</sup>



Steps needed

14

**Be ok with  
myself**

tight\_rop<sup>e</sup>



Steps needed

15

**Get active**

tight\_rop<sup>e</sup>



Steps needed

16

**Reduce / stop  
drug or alcohol  
use**

tight\_rop<sup>e</sup>



Steps needed

tight\_rop<sup>e</sup>



Steps needed

tight\_rop<sup>e</sup>



Steps needed