**Scouts Australia  
Ready to Scout Plan**

Youth Member Name: Date:

This Plan should be completed by adult leaders collaboratively with the youth member and their parent / carer. This tool is designed to help adult leaders support the youth member engage in a Scouting Program. Please see the resource “Parent Carer Conversation Framework: Ready to Scout” for further guidance.

|  |  |
| --- | --- |
| I get angry, frustrated or anxious when this happens: | |
| ❑  ❑  ❑  ❑  (add more if necessary) | |
| When I get angry, frustrated, or anxious, my behaviour can look like: | |
| ❑  ❑  ❑  ❑  (add more if necessary) | |
| Some things that **I** can do to help myself de-escalate are: | Some things **an adult** can do to help me de-escalate are: |
| ❑  ❑  ❑  ❑  (add more if necessary) | ❑  ❑  ❑  ❑  (add more if necessary) |
| I know that I am calm when I look like this: | And I feel like this: |
| ❑  ❑  ❑  ❑  (add more if necessary) | ❑  ❑  ❑  ❑  (add more if necessary) |
| Any other details: | |
|  | |
| We will implement this Ready to Scout Plan for the following period: | |
|  | |
| We will review this Ready to Scout Plan on: | |
|  | |